

Syllabus: SWIM 43: Intermediate Swimming

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What You Should Already Know

You should already know how to float and swim at a beginning level. It is not important that you can swim every stroke correctly, but you should feel comfortable in the water.

Course Learning Outcomes

- Demonstrate competency in a variety of motor skills and movement patterns.
- Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Achieve and maintain a health-enhancing level of physical activity and fitness.
- Exhibit responsible personal and social behavior that respects self and others.
- Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

Important Notice

Before beginning any exercise program, consult your doctor. Participants and their legal guardians understand and acknowledge that participation in any exercise program or related activity carries with it inherent dangers that may result in personal injury or even death. Participants and their legal guardians assume complete responsibility to (a) consult with a physician to ensure that there are no health-related reasons or problems which would preclude or restrict the participant's participation in a particular exercise program or related activity and (b) procure adequate health insurance necessary to provide for and pay any medical costs that may directly or indirectly result from such participation. Accordingly, participants and their legal guardians assume all responsibility and risk associated with any participation in any exercise program or related activity.

Participating with Disabilities

Students with disabilities may still be able to participate successfully in this course. Read the linked page "Participating with Disabilities" to learn more.

Course Materials

For this course, you will need to have a swimming suit, goggles, and access to a pool. Some facilities will provide towels; otherwise you will need to provide one for yourself.

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Assignments

Summary: 4 computer-graded assignments; 4 instructor-graded submissions; each may be resubmitted once for a fee, you must pass the Physical Activity Assignment with a score of 60% or higher in order to pass the course.

Unit Quizzes	20%
Goals Assignment	5%
Nutrition Improvement Assignment	5%
Sport Community Assignment	5%
Physical Activity Assignment	50%
Final Exam	15%

The Physical Activity Assignment requires a workout log tracking 45 days of aerobics over a period of (usually) 15 to 24 weeks. **Keep in mind that you cannot complete this course in less than 7 weeks.** Start early! This link will take you to the Physical Activity Assignment instructions.

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Exams

Summary: 1 computer-graded, proctored exam; you may retake it once for a fee; you must pass it with a score of 60% or higher in order to pass the course.

The final exam is comprehensive and consists of about 60 multiple-choice questions.

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Grading

Grading Scale

A	93-100%
A-	90-92%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	73-76%
C-	70-72%
D+	67-69%
D	63-66%
D-	60-62%
E (fail)	0-59%