Florida Institute of Technology

ADDITION A NEW COURSE TO THE CURRICULUM

This course is approved for student registration only after the approval process has been completed.

SUBJECT P E D COURSE NO.* 1 2 0 0 CREDIT HOURS 2 TERM TO BE ADDED TO THE CURRICULUM Spring 2014

Justify level of 1000-levels and no co-requisites. Please provide justification.

CLASS HOURS 2/week LECTURE HOURS LAB HOURS CONTACT HOURS (CEU ONLY)

DEPARTMENT Education & Interdisciplinary Science/Phys. Ed. SCHEDULE TYPE Lecture (A) *no more appropriate selection*

(eg., Computer Sciences)

☐ COLLEGE OF AERONAUTICS 23 ☐ COLLEGE OF PSYCHOLOGY AND LIBERAL ARTS 25
☐ NATHAN M. BISK COLLEGE OF BUSINESS 24 ☐ COLLEGE OF SCIENCE 26
☐ COLLEGE OF ENGINEERING 1 ☐ EXTENDED STUDIES /NATHAN M. BISK COLLEGE OF BUSINESS 90

COMPUTER TITLE Restricted to 25 characters, including spaces Basic Swimming Dual Prefix, Bl-Level, Full-Load? ☐ Yes ☐ No

CATALOG TITLE Basic Swimming

CATALOG DESCRIPTION OF COURSE Restricted to 359 characters, including spaces

Provides novice swimmers the skills needed to increase swimming ability. Includes freestyle swimming with rhythmic breathing, treading water, floating and basic safety skills.

This description has been approved by the catalog office

Catalog Director

Date

In addition, please attach a course syllabus and/or more detailed description.

RESTRICTIONS ☐ Pre-requisite Course Number ☐ Co-requisite Course Number ☐ and ☐ or

☐ Pre-requisite Course Number ☐ Co-requisite Course Number ☐ and ☐ or

☐ Pre-requisite Course Number ☐ Co-requisite Course Number ☐ and ☐ or

ADDITIONAL RESTRICTION

(eg., Major, Class level, Department Head Approval)

If this course replaces a course currently offered in BANNER, please indicate old course information and the date/term the course may be removed from the system.

SUBJECT Alpha Prefix (eg., CSE) COURSE NO. (eg., 1201) TERM TO INACTIVATE

☐ Yes ☐ No Will this course be used to measure program-level student learning outcomes?

If yes, associate vice president for institutional compliance signature required.

APPROVAL: On completion of description and course number verification, attach appropriate signatures as indicated, and submit completed form to Chair, Graduate Council, or Chair, Undergraduate Curriculum Committee for approval.

Originator Date

Dean or Associate Dean Date

Chair, Graduate Council Date

Chair, Undergraduate Curriculum Committee Date

**Associate Vice President for Institutional Compliance Date

CATALOG DIRECTOR

These changes/additions have been made for the

University Catalog and entered into the BANNER term named above.

Catalog Director Date

REGISTRAR'S USE ONLY

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SCARMS Operator Init. Date

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150 West University Boulevard, Melbourne, FL 32901-6975 • (321) 674-8114 • Fax (321) 674-7827
Basic Swimming PED 1200

Syllabus

instructor
office hours

email
phone

Objective:
To provide novice swimmers with orientation to the water along with the development of skills needed to increase swimming ability including freestyle swimming, rhythmic breathing, treading water, floating, and basic safety skills

PREREQUISITE:
None

Grading:
Skills Exam: 60%
The student will take a skills test on beginning swimming skills. Performance measures will be used to evaluate skills acquisition.

Attendance/Participation 40%
This is an activity-based class. You are required to attend and participate during the scheduled class periods. Effort shown in class and attendance will affect the student's grade. Unexcused absences will result in grade reduction; there is a maximum of two (2) unexcused absences for this class as follows:
0-2 absences – A
3-4 absences – B
5-6 absences – C
7-8 absences – D
9 + absences – F

Special Note:
Students with documented disabilities who require accommodations should see the instructor immediately after the first class.

Objectives and Learning Outcomes:
Upon successful completion of the course, students will be able to:
1. Demonstrate basic survival skills in the water.
2. Demonstrate competency in at least two of the basic strokes.
3. Identify the health related benefits of swimming.
4. Demonstrate related swimming skills.

General Course Policies:
Students are expected to follow University policies on academic and personal integrity, academic requirements, attendance, and appropriate behavior. Promptness, punctual attendance, participation, enthusiasm, and responsible behavior will influence perception of your desire to learn.

Tentative Class Schedule (This schedule is subject to change):

Week 1
Introduction and Syllabus; Water Safety
Week 2
Water Orientation
Introduction Elementary Backstroke

Week 3
Combining Elementary Backstroke
Elementary Backstroke Drills and Endurance Swimming

Week 4
Introduction to Front Crawl
Combine Front Crawl

Week 5
Front Crawl
Front Crawl Drills and Endurance Swimming

Week 6
Introduction Sidestroke

Week 7
Combine Sidestroke
Midterm

Week 8
Sidestroke Drills and Endurance Swim
Endurance Swimming

Week 9
Introduction Breaststroke

Week 10
Combine Breaststroke
Breaststroke Endurance Swim and Drills

Week 11
Introduction Backstroke
Combine Backstroke

Week 12
Stroke Refinement

Week 13
Stroke Refinement
Endurance Swimming

Week 14
Other Aquatic Activities
Review and Practice

Week 15
Skill Test
Extra Credit

Week 16
FINAL EXAM
5 September 2013

Basic Swimming, PED 1200, is designed to be a beginning class for swimming novices, and therefore does not have a prerequisite.

Prof. Dr. Laszlo Baksay  
Department of Education and Interdisciplinary Studies  
baksay@fit.edu
Florida Institute of Technology

ADDITION OF A NEW COURSE TO THE CURRICULUM

This course is available for student registration only after the approval process has been completed.

SUBJECT: E D COURSE NO. 3200 CREDIT HOURS 2 TERM TO BE ADDED TO THE FILE: Spring 2014

*Justify level if 1000-level & no co- or prerequisites.
CLASS HOURS: 2/week LECTURE HOURS: CONTACT HOURS (CEU ONLY)

DEPARTMENT: Education & Interdisciplinary Science/Phys. Ed. SCHEDULE TYPE: Lecture (A) "no more approp. selection"

□ COLLEGE OF AERONAUTICS - 23 □ COLLEGE OF PSYCHOLOGY AND LIBERAL ARTS - 25
□ NATHAN M. BISK COLLEGE OF BUSINESS - 24 □ COLLEGE OF SCIENCE - 26
□ COLLEGE OF ENGINEERING - 1 □ EXTENDED STUDIES / NATHAN M. BISK COLLEGE OF BUSINESS - 90

COMPUTER TITLE: Restricted to 25 characters, including spaces. Advanced Swimming Dual-Prefix, B-Level, Full-Load? □ Yes □ No

CATALOG TITLE: Advanced Swimming

CATALOG DESCRIPTION OF COURSE: Restricted to 350 characters, including spaces.

Increases swimming abilities and safety skills in the water. Reviews and refines basic strokes and develops skills for advanced strokes. Provides exercise and the general principles of fitness.

This description has been approved by the catalog office. 9/5/13

Catalog Director

In addition, please attach a course syllabus and/or more detailed description.

RESTRICTIONS: Prequisite PED 1200 Corequisite Course Number and or

□ Prequisite: Course Number □ Corequisite: Course Number □ and □ or

□ Prequisite: Course Number □ Corequisite: Course Number □ and □ or

□ Prequisite: Course Number □ Corequisite: Course Number □ and □ or

GRADABLE TO BE ISSUED:

□ A, B, C, D, F □ A, B, C, D, F, CEU/Audit
□ CEU □ S, U □ Other

ADDITIONAL RESTRICTION: (e.g., Major, Class Level, Department, Head Approval)

If this course replaces a course currently offered in BANNER, please indicate old course information and the date/term the course may be removed from the system.

SUBJECT: Alpha Prefix (e.g., E D) COURSE NO. (e.g., 1301) TERM TO INACTIVATE

□ Yes □ No Will this course be used to satisfy program-level student learning outcomes?

If yes, associate vice president for institutional compliance signature required.**

APPROVALS: On completion of description and course number verification, affix appropriate signatures as indicated, and submit completed form to Chair, Graduate Council, or Chair, Undergraduate Curriculum Committee for approval.

Originator:

Date:

Chair, Graduate Council:

Date:

Chair, Undergraduate Curriculum Committee:

Date:

**Associate Vice President for Institutional Compliance

CATALOG DIRECTOR:

These changes/additions have been made for the University College and entered into the BANNER term named above.

Catalog Director:

Date:

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800-100-010
Advanced Swimming PED 3200
Syllabus

instructor

office hours

e-mail

phone

Objective:
The objective of Advanced Swimming is to help students be comfortable in the water as well as to
safely enjoy the water. Advanced Swimming class will review and refine basic techniques for
aquatic skills and strokes as well as instruct and develop the skills of advanced strokes.
Emphasis will be placed on performance and comprehension of skills and advancement of
swimming endurance. The course is also designed to provide the student with exercise
opportunities and general principles regarding health-related fitness.

PRE/CO-requisite:
PED 1200 Basic Swimming or permission of instructor

Grading:
Skills Exam: 60%
The student will take a skills test on beginning swimming skills. Performance measures
will be used to evaluate skills acquisition

Attendance/Participation 40%
This is an activity-based class. You are required to attend and participate during the
scheduled class periods. Effort shown in class and attendance will affect the student’s
grade. Unexcused absences will result in grade reduction; there is a maximum of two (2)
unexcused absences for this class as follows:
0-2 absences – A 3-4 absences – B 5-6 absences – C
7-9 absences – D 9+ absences – F

Special Note:
Students with documented disabilities who require accommodations should see the instructor
immediately after the first class.

Objectives and Learning Outcomes:
Upon successful completion of this course, students will be able to swim a coordinated and
effective stroke continuously for the following strokes and distances:
1. Front Crawl (Freestyle) for 200 yards.
2. Breaststroke for 200 yards.
3. Sidestroke for 200 yards.
4. Backstroke for 200 yards.
6. Swim continuously for 800 yards (any stroke or mix of strokes).
7. Display knowledge of health-related fitness and its importance in participating in
lifetime physical activity, enhancing one’s quality of life, and increasing health and
wellness.

General Course Policies:
Students are expected to follow University policies on academic and personal integrity, academic
requirements, attendance, and appropriate behavior. Promptness, punctual attendance,
participation, enthusiasm, and responsible behavior will influence perception of your desire to
learn. Please try to present a positive attitude to all your classmates.
Tentative Class schedule (This schedule is subject to change):

Week 1
Introduction and Syllabus; Water Safety

Week 2
Advanced swimming skills pre-test

Week 3
Review and refinement of freestyle, sidestroke, and backstroke

Week 4
Review and refinement of breaststroke and butterfly

Week 5
Introduction to swimming with intervals, learn how to check heart rate

Week 6
Using equipment to improve swimming, kickboards, pull buoy, fins

Week 7
Water polo

Week 8
Spring Break

Week 9
Stroke Refinement and Endurance Swimming

Week 10
Explore other fitness activities in the water (water jogging, water aerobics)

Week 11
Dives, treading water, rescue techniques

Week 12
Turns, open and flip-float and back

Week 13
Game day

Week 14
Other Aquatic Activities; Review and Practice

Week 15
Create an effective workout in the water using all knowledge and skills learned this term

Week 16
Final – advanced swimming skills evaluation