

Course Syllabus

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| 1. Program of Study | Bachelor of Science Program
Bachelor of Arts Program
Bachelor of Business Administration Program
Bachelor of Nursing Science Program |
| Faculty/Institute/College | Mahidol University International College |
| 2. Course Code | ICPE105 |
| Course Title | Physical Education: Swimming |
| 3. Number of Credits | 1(0-3-1) (Lecture/Lab/Self-Study) |
| 4. Prerequisite (s) | None |
| 5. Type of Course | General Education |
| 6. Session | Trimester 1, 2, 3/Every academic year |
| 7. Conditions | - |
| 8. Course Description | Value, rules and regulations of swimming, with an emphasis on water safety; practicing various swimming strokes. |
| 9. Course Objective (s) | After successful completion of this course, students should be able to
9.1 improve your swimming skills, or develop them if you have none. It will emphasize water safety, basic scientific principles that apply to efficient swimming, competitive strokes, resting strokes, aesthetic enjoyment of "being" in water, and physical conditioning.
9.3 understand the history of swimming will be looked at, as well as some exotic uses of swimming knowledge such as snorkeling and free diving.
9.4 take you from whatever level of swimming skill you currently have to a higher level. This will be measured by assessing your entry-level skills and noting the skills that you leave the class with, such as your ability to perform the various competitive strokes efficiently. |

10. Course Outline

Week	Topic	Hour			Instructor
		Lecture	Lab	Self-Study	
1	Introduction to the pistol course	0	3	1	Logan Swanson
2	The pistol and its component	0	3	1	
3	The pistol and its component (cont.)	0	3	1	
4	First-handed experiences with pistol; Examining a pistol, Loading and unloading a pistol, Lowering a trigger, Re adjusting the aim and cleaning	0	3	1	
5	Shooting lesson; A grip use, triggers and dry fire	0	3	1	
6	Shooting lesson; A grip use, triggers and dry fire (cont.)	0	3	1	
7	Midterm exam	0	3	1	
8	Shooting practice	0	3	1	
9	Shooting practice	0	3	1	
10	Shooting practice	0	3	1	
11	<i>Performance test</i>	0	3	1	
12	<i>Final Exam</i>	0	3	1	
		0	36	12	
<i>Final Exam</i>					

11. Teaching Method (s)

11.1 Instructions, demonstrations and lead-up activities.

12. Teaching Media

12.1 Instructor's handouts

13. Measurement and evaluation of student achievement

Student achievement is measured and evaluated by

13.1 the ability to improve your swimming skills, or develop them if you have none. It will emphasize water safety, basic scientific principles that apply to efficient swimming, competitive strokes, resting strokes, aesthetic enjoyment of "being" in water, and physical conditioning.

13.2 the ability to understand the history of swimming will be looked at, as well as some exotic uses of swimming knowledge such as snorkeling and free diving.

13.3 the ability to have a higher level swimming skill. This will be measured by assessing your entry-level skills and noting the skills that you leave the class with, such as your ability to perform the various competitive strokes efficiently.

Student's achievement will be graded according to the faculty and university standard using the symbols: A, B+, B, C+,C,D+, D, and F.

Students must have attended at least 80% of the total class hours of this course.

Ratio of mark	
Final Examination (Basic skills)	25%
Attendance and participation	40%
Written Examination	35%
Total	100%

Assessment made from the set-forward criteria:

100 – 90%	= A	74 – 70%	= C
89 – 85%	= B+	69 – 60%	= D
84 – 80%	= B	59 >	= F
79 – 75	= C+		

14. Course evaluation

14.1 Students' achievement as indicated in number 13 above.

14.2 Students' satisfaction toward teaching and learning of the course using questionnaires.

15.Reference (s)

Fitness Swimming (Fitness Spectrum Series)

by Emmett W. Hines (January 1999)

16.Instructor (s)

Logan Swanson

17.Course Coordinator

Michael Naglis