

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR162 (001) – Swimming: Beginning (1)

1 Credit, Spring 2019
T/Th 9-10:15 am, 1/22-3/10 - Aquatic Fitness Center REC pool
Fairfax Campus

Faculty

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Prerequisites/Corequisites: None

University Catalog Course Description

Develop a knowledge base and basic swimming skills for the weak and non-swimmer and to make them water safe. These skills include, but are not limited to, locomotion and propulsive movements in a prone and supine position, breath control, rhythmic breathing, and beginning diving techniques; personal safety and rescue skills to maintain a water-safe environment.

Course Overview

1. This course follows the American Red Cross Learn to Swim and Basic Water Safety Skills Curriculum:
 - a. Water Exploration
 - b. Primary Skills
 - c. Stroke Readiness

These include:

 - Water Adjustment and Breath Control
 - Water Entry and Exit
 - Prone and Supine Buoyancy Personal Safety and Rescue
 - Stroke Mechanics and Coordination of Front Crawl and Back Crawl
 - Introduction to Elementary Backstroke, Sidestroke and Breaststroke
 - Beginning Diving Techniques
 - Beginning aquatic skills are reviewed and minimum criteria met before moving to more advanced skills.
 - Viewing the ARC swimming stroke and diving video will be used to assist with learning.

Course Delivery Method

This course is an activity-based course.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Demonstrate the two basic propulsive positions.
2. Demonstrate submerging and retrieving an object in chest-deep water.
3. Demonstrate basic beginner swimming skills: front crawl, elementary backstroke, floats, and glides.
4. Complete approximately one length, 25 yards, of the pool using a prone swimming stroke.
5. Complete approximately one length, 25 yards, demonstrating changing positions from the prone to supine.
6. Demonstrate beginning diving techniques from the side of the pool.
7. Demonstrate a pool-side rescue without entering the water.
8. Demonstrate and explain personal safety and survival floating in deep water.

Professional Standards N/A

Required Texts: None

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

Assignments and Examinations

Written Assignments include one aquatic exercise related research article and one aquatic safety research article. Specific topics to address and questions to answer for each assignment will be given in class. A final skills demonstration exam will be given in class a final written exam will be open note and include information from daily discussions and in class videos.

Written Assignments – 10%

Students will be responsible for researching two aquatic related news publications. Students will type a one paragraph summary and attach the article. Resources and rubric will be discussed in class.

Skills Testing – 15% A water test on crawl stroke, elementary back, back crawl stroke, survival float, and treading water will be given. The average of all skills test will count 15% of the final grade. Students will not be graded on swimming speed.

Written Final Exam – 15%

A final written exam will be given over all material in class. A student will be exempt from the final if they have not missed any classes. If a student misses one or more class meetings they must take the written final. If a student's tardies are equivalent to one or more absence (>5 pts), then the student will be required to take the final. A student not required to take the final, will receive the grade that they have obtained prior to the final.

1. **Attendance is Mandatory.** Attendance and participation points account for 60% of final grade.
2. This program is very individualized, as each student will come with different skill levels. This is a beginner swim class and will focus on water adjustment skills, water safety, and the fundamental skills of swimming.
3. This is a participation course.
 - a) Opportunities to participate are given to each student with instructor observation of skill proficiency.
 - b) Participation in all class sessions and activities is encouraged for maximum success.
 - c) Each class builds on the skills learned in the previous session.
 - d) Attend and observe, even if experiencing dental, or minor health problems).
 - e) Absences and participation are excused only with a health care providers note presented to the instructor immediately upon the start of class.
 - f) The course consists of demonstrations, discussions, videos, and some worksheets/ swimming mechanics report on a variety of aquatic skills.
- 2) Participation is a must. Student must participate in all areas of the class. A deduction in the daily grade will result if a student fails to actively participate. Five (5) participation points are awarded per class meeting. In order to earn full participation points students must arrive on time, be dressed in appropriate swim attire at the start of class, get in the pool, and actively participate for the duration of the class. Students will lose one(1) participation point for every five(5) minutes they are late to class.

Other Requirements

1. Attend class ready to swim each session, wearing an appropriate swim suit and goggles.
2. Suit up before class begins, and be sure to shower.
3. Attention is expected during class discussion, in-water practice sessions, and video viewing.
4. No gum chewing is permitted while swimming.
5. Students with long hair must wear a swim cap or tie long hair securely.
6. Worksheets and/ or swimming mechanics report must be completed and submitted on time.

Course Performance Evaluation Weighting

Grading is based on accumulation of 100 available points:

a. Attendance and Participation	60 points
b. Completion of 2 Written Assignments	10 points
c. Demonstrated Skills Test	15 points
d. Written Multiple Choice Final Exam	15 points

Grading Policies

A = 100 - 94	B+ = 89 - 88	C+ = 79 - 78	D = 69 - 60
A- = 93 - 90	B = 87 - 84	C = 77 - 74	F = 59 - 0
	B- = 83 - 80	C- = 73 - 70	

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

Spring 2019

Day 1 - January 22

Introductions, review class schedule, complete self-assessment and individual goals worksheet, tour of pool, review of swim levels, class expectations, and assignments.
In-class Assignment: Complete Swimmer Profile and Identify Individual Goals. (5 pts.)

Day 2 – January 24

Review water safety principles, hydrodynamic principles, and breath control. Practice safe water entry & exit and survival floating skills. Demonstrate bubbles, bobbing, object retrieval, gliding and recovery.

Day 3 – January 29

View "Swimming & Diving Skills", Stroke Mechanics and Front Crawl segment. Discuss the mechanics of the stroke and practice front crawl progressions in the water.

Day 4 – January 31

View "Swimming & Diving Skills", Back crawl segment. Discuss the mechanics of the stroke and practice progressions in the water. Review and practice front crawl progressions.

Day 5 – February 5

View "Lifeguard" video, Entries & Approaches segment. Discuss water safety topics and lifeguarding. Practice reaching rescues. Practice Front Crawl, finning, and sculling.

Written Assignment #1: Water Safety Research & Summary

Day 6 - February 7

View "Swimming & Diving Skills", Sidestroke & Elementary Backstroke segments. Discuss the mechanics of the strokes and practice in the water. 25 yard swim front crawl practice test.

Day 7 – February 12

Written Assignment #1 Due Present findings and discuss as a group. (5pts.)
View "Swimming & Diving Skills", Breaststroke segment. Discuss the mechanics of the stroke and practice in the water. Review and practice previously learned strokes. Work on endurance & float for two minutes.

Day 8 – February 14

Review and practice the three main strokes. Introduction and practice treading water. Tread water for one minute and float for three minutes. Backstroke 25 yard swim practice test.

Day 9 – February 19

View "Swimming & Diving Skills", Flip Turns & Touch Turns segment. Discuss the mechanics of the turns and practice in water. Review and practice previously learned strokes. Work on endurance, tread water for 1 minute.
Written Assignment #2: Benefits of Aquatic Exercise & Summary

Day 10 – February 21

Review and practice three main swimming strokes. Demonstrate use of life jackets and proper fitting. Class discussion on swimming for fitness resources, equipment, and developing a swimming workout.

Day 11 – February 26

Written Assignment #2 Due Present findings and discuss as a group. (5pts.)
View "Swimming & Diving Skills", Diving segment. Discuss the mechanics of diving and practice in the water. Work on endurance with the main strokes, tread water & float for 4 minutes.

Day 12 – February 28

Demonstrated Skills Test (15pts)

Day 13 – March 5

Final Written Exam - You will have the entire class period to take the written exam and may use your notes from the videos and class periods.

Day 14 – March 7 *Make Up Day If Needed*

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .