

GEORGE MASON UNIVERSITY
College of Education and Human Development
Physical Activity for Lifetime Wellness
RECR 162 (001) Swimming: Beginning (1)
1 Credit, Fall 2020
T/R 9:00-10:15 am, Fairfax Campus-AFC Rec Pool,

Instructor: Prof. S. Tomasovic
Email: stomasov@gmu.edu
Location Phone: 703 – 993 – 3939
Office Hours By appointment only – after class
Office Bldg/Room: Northeast Module I – Room #112
Office Phone: 703-993-1098

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 (ARC) skills curriculum: Level I (Water Exploration) – Level II (Primary Skills) – Level III (Stroke Readiness)
2. These include:
Water Adjustment and Breath Control – Water Entry and Exit – Prone and Supine Buoyancy
Personal Safety and Rescue – Stroke Mechanics – Coordination of Front and Back Crawl
Introduction to Elementary Backstroke – Breaststroke – Beginning Diving Techniques
3. Beginning aquatic skills are reviewed and minimum criteria met before moving to more advanced skills.
4. Viewing swimming stroke and diving videos will assist with learning.

Course Delivery Method: This course is an activity-based course.

Course Objectives:

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

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

Text & Materials/Equipment - Recommended

Text: Messner, Yvonne. *Swimming Everyone*. 3rd ed. Winston-Salem: Hunter Textbooks, 2009
Materials: Swim Goggles
Possibly a swim training device of some type: Kickboard – noodle – swim bar (barbell)

Professional Standards: AMERICAN RED CROSS (ARC) STANDARDS

1. Course record forms are usually submitted to the American Red Cross.
2. All skills are observed for satisfactory proficiency and completion.
3. Completion of final performance standards are viewed for Learn-to-Swim Levels I – II – III.
4. Flexibility for student abilities in swimming strokes and skills are applied.

Other Aquatic Resources:

1. Visit ARC website: Videos – Home Pool Essentials – Water Safety Resources
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/home-pool-safety.html>
2. ARC Mobile Swim App: (via iTunes – Google Play – Amazon Marketplace) Companion information on being safe in & around water, drowning prevention, emergency response, videos for kids, Learn-to-Swim program, educational games, and swim lesson progress tracker.
Youtube video: <https://www.youtube.com/watch?v=euvhu-MAzkk> 1:24 min

Grading – Course Performance Evaluation Weighting:

- | | | |
|--|---------------|------------|
| Based on accumulation of available points | TOTAL POINTS: | 100 points |
| 1. Text Questions (REQUIRED): | 15% of points | 15 points |
| a. Read the chapters in the textbook & Answer each question | | |
| b. SUBMIT: In hard copy OR on Blackboard on the scheduled class date | | |
| c. TYPED: Can be arranged in bulleted format – No hand-written submissions | | |
| 2. Written Skill / Mechanics Report: (REQUIRED): | 15% of points | 15 points |
| a. Assignment of the topic / skill / technique is made during class. | | |
| b. Read SEVERAL ARTICLES relating to a skill/technique used in a swimming stroke. For hard copy ... Print & attach the articles to the end of the hard copy paper' For Blackboard posting ... attach the links to the articles | | |
| c. SUMMARIZE THE ARTICLES: Overview of the skill(s) and what you learned | | |
| d. TWO-page report (about 400 words) on the swim technique / stroke article TYPED, College level writing, Times New Roman; APA or MLA style Sometimes the report is presented as an informal presentation using an “on-deck.” PENALTY: -5 points is assessed for each class session day that the report is late. | | |
| e. Popular sites: https://www.swimmingworldmagazine.com/ ; https://www.usms.org/ ; www.usadiver.com ; https://www.swimmingscience.net/ ; https://swimswam.com/ ; https://www.liveabout.com/swimming-4688030 ; https://www.usaswimming.org/ | | |
| 3. Participation: | 70% of points | 70 points |
| • Effort – improved demonstration and completion of skills | | |
| a. Points: Students awarded approximately 5 - 6 points each class session | | |
| b. Includes: Swim effort & participation during the session | | |
| c. Swim Skills: Practical skill testing takes place throughout the course. Satisfactory demonstration and completion of course objectives, mechanics and skills in the ARC Levels I – II – III | | |

- d. Abilities: Each student's abilities are taken into consideration.
- e. Tardiness: Affects participation points for a class session.
- f. Observe: Students that do not participate, but attend class and observe, Awarded ½ of the daily session points.

H. Grading Scale: Final grade is based on the following 100–point grading scale:
Final grade posted on Patriotweb w/in 2 business days of final course date

93 - 100 = A	77 - 79 = C+
90 - 92 = A-	73 - 76 = C
87 - 89 = B +	70 - 72 = C-
83 - 86 = B	60 - 69 = D
80 - 82 = B-	0 - 59 = F

I. In-Course Requirements

1. Attend: Ready to swim.
Wear an appropriate swim suit – not revealing & will not fall off.
Each class builds on skills learned in the previous class sessions.
2. Suit up: Before class begins. (Showering may not be possible)
3. Equipment: Goggles: Wear your own appropriate swim goggles during pool sessions
Purchase @ Aquatic Ctr – University Mall (SUITUP LLC) – sport goods store
Bring a towel – bring a kickboard if you have one
4. Long Hair: Wear a swim cap, or tie the hair **very** securely BEFORE each pool session.
5. Attention: Expected during all class activities – video viewing – demonstrations
6. Gum: No gum chewing is permitted while swimming for safety reasons.
7. Points: Vary – Points are not guaranteed for a class session.
Professor observes effort – demonstrations – improvement.
Awarded for satisfactory completion of skills and activities.
8. Partial Pts: Earned if you cannot swim for a class session – must attend & observe
Awarded for: late arrivals or early departures
9. Levels: Students have different beginner level skills.
Individual skill, technique, and endurance improvements are considered.
Satisfactory performance and demonstration of each skill.
10. Injuries: Pre-existing conditions OR injuries that may affect performance.
Inform the instructor immediately
IF you incur an injury preventing FULL participation up to 2 (two) class sessions.
Instructor works with the student to consider taking the class a different term.
11. Practice: Weekly out-of-class practice sessions are required for successful improvement.
12. Make ups: There are no make-up sessions currently available

J. Professional Dispositions:

See: Policies & Procedures <https://cehd.gmu.edu/students/policies-procedures/>

J. Course Schedule: *Faculty reserves the right to alter schedule as necessary, with student notification.*

Session	Daily Pts	Topics + Assignments	(always subject to change)
1	10/15	(5)	Overview: Syllabus & Schedule – Text – Swim Apps – expectations – assignments Introductions: Individuals discuss goals for the course Tour: Pool Facility
2	10/20	(5)	Level I: Enter & exit water – submerge face – bubbles – bobbing – breath holding Supported floating on front & back – Supported kicking front & back Homework: READINGS + Answer Text Chapters #1 – #2 – #3 – #4 Questions
3	10/22	(6)	Level I: Continue Level I skills Homework: Continue Readings – View Videos
4	10/27	(6)	Level II: Retrieve objects – Rhythmic breathing – arm action – flutter kicking Prone & Supine glide unsupported w/ recovery – turning over Front crawl & Back crawl combined action – Deep water orientation SUBMIT or POST: Answers to Text Chapters #1 - #2 - #3 - #4 Questions
5	10/29	(6)	Level II: Continue Level II skills Water safety – reaching rescues w/ and w/out equipment – PFDs Homework: READINGS + Answer Text Chapters #5 - #6 - #7 - #8 Questions VIEW: Stroke Videos – Sidestroke
6	11/03	(7)	Level III: Review Level II skills – Begin Level III – swimming length of pool SUBMIT or POST: Answers to Text Chapters #5 - #6 - #7 - #8 Questions Homework: VIEW Stroke Video – Breaststroke
7	11/05	(6)	Level III: Submerging – Jump into deep water – Dive from side of pool Mechanics for Sidestroke – Elementary Backstroke – Breaststroke Treading water – Turns & push offs – strokes & breathing Homework: READINGS + Answer Text Chapters #9 - #10 - #11 - #12 Questions
8	11/10	(6)	Level III: Continue Level III skills and practice SUBMIT or POST: Answer Text Chapters #9 - #10 - #11 - #12 Questions
9	11/12	(6)	Level III: Continue Level III skills and practice – mechanics – endurance Discuss: Skills Paper Topics – Assigned Individually by Instructor
10	11/17	(6)	Level III: Continue Level III skills and practice – fitness Homework: VIDEO viewing - Diving
11	11/19	(6)	Level III: Continue Level III Final mechanics & skills checklist Present: Begin sharing final skills / mechanics papers
12	11/24	(6)	Level III: Final mechanics & skills checklist Review: Water skills / strokes checklist – Finish presenting swim paper to class SUBMIT or POST: Final skills / mechanics paper

GMU Policies and Resources for Students

1. GMU Policies and Resources for students

Policies

- a. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- c. 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.
- d. 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 <https://ds.gmu.edu>).
- e. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

1. 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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
2. **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:** As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason’s Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing titleix@gmu.edu.
3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.



SAFETY TIPS

Swimming is a great recreational sport that can be enjoyed by people of all ages.

It's important to know how to be safe while you're in the water. Make safety a priority.

The ARC offers swimming safety tips before you head out to the pool or beach:

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Maintain constant supervision with children, family, and friends.
 - Never leave a young child unattended near water. Do not trust a child's life to another child.
 - Teach children to always ask permission to go near water.
 - Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
 - Avoid distractions when supervising around water.
 - Many non-swimmers who drown in home pools were out of sight for less than 5 minutes

and in the care of family, friends, one or both parents at the time.

- Ensure everyone in your family learns to swim well. Enroll in age-appropriate ARC course to learn how to prevent and respond to emergencies.
 - Home pool safety – Water safety – First Aid – CPR
- If you have a home pool, secure it w/ appropriate barriers.
- If someone is missing, check the water first. Seconds count in preventing death or disability.
- Have appropriate equipment:
 - Reach or throw equipment, cell phone, life jackets, a first aid kit.
- Know how and when to call 9-1-1 or the local emergency number.
- Protect your skin. Limit the amount of direct sunlight you receive between 10:00 am – 4:00 pm
 - Wear sunscreen with a protection factor of at least 15.
- Drink water regularly, even if not thirsty. Avoid drinks with alcohol or caffeine in them.
- Videos – Home Pool Essentials – Water Safety Resources

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/home-pool-safety.html>