

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

RECR162 (001) – Swimming: Beginning

1 Credit, Fall 2021

T/Th 9-10:15 am, - Aquatic Fitness Center REC pool, Fairfax Campus  
10/17-12/10

**Faculty**

Name: Frederick J. Zamon  
Office hours: 10:30 AM-Noon T/Th by appointment  
Phone: Zoom/Collaborate  
Office location: GMU Aquatic & Fitness Center  
Email address: fzamon@gmu.edu

**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 – 15%**

Written Assignments include one aquatic safety research article. Students will be responsible for researching two aquatic related news publications. Students will type a one-page summary and attach the articles. Resources, rubric, specific topics to address, and questions to answer for the assignment will be given in class. A second written assignment will be a mid-point self-evaluation submitted after completing a partner workout in the pool.

**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 tests will count 15% of the final grade. Students will not be graded on swimming speed. A final in-water skills demonstration exam will be given during class, and a final written exam will be open note. This exam will include information from class discussions and assigned videos, Red Cross and other media sources.

### **Written Final Exam – 10%**

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.

## Attendance

Attendance is Mandatory. Attendance and participation points account for 60% of the final grade. There are 14 class meetings. Each student begins with 70 participation points. Points will be deducted for unexcused absences, late arrivals or leaving early, and lack of participation.

1. This program is very individualized. Each student comes 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.
2. 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, non-contagious health problems. (A cold is contagious; a broken bone is not contagious.)
  - e) Absences and participation are excused only with a health care providers note presented to the instructor immediately upon the start of the next class.
  - f) The course consists of demonstrations, discussions, videos, skills worksheets, and swimming mechanics reports covering a variety of aquatic skills.
  - g) Participation is a must. Students 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.
  - h) To earn all 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 swimsuit and goggles\*.  
\*Please refer to *GMU Approved Swim Wear and Suggested Goggles for New Swimmers* on Blackboard.
2. Arrive on time to take a shower and put on your swimming attire before entering the pool.
3. Attention is expected during virtual and in-class discussion and during in-water sessions.
4. No gum chewing is permitted while swimming.
5. **Cell phones are not allowed on deck during class. Two participation points will be deducted for the first violation. Five for each subsequent violation.**
6. Students with long hair must wear a swim cap or tie long hair securely.
7. Worksheets and/ or swimming mechanics reports must be completed and submitted on time.

## Course Performance Evaluation Weighting

Grading is based on accumulation of 100 available points:

- |  |           |
|--|-----------|
| a. Attendance and Participation        | 70 points |
| b. Completion of 2 Written Assignments | 15 points |
| c. Demonstrated Skills Test            | 15 points |

d. Written Multiple Choice Final Exam

10 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**

Fall 2021

---

Day 1 - October 19

***Wear your swimsuit!*** Introductions, review class schedule, complete self-assessment and individual goals worksheet, tour of pool facility, review of swim levels, class expectations, and assignments. Pool Safety orientation and introduce breath control and buoyancy in water.  
*In-class Assignment:* Complete Swimmer Profile and Identify Individual Goals.

Day 2 – October 21

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

Day 3 – October 26

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

Day 4 – October 28

View "Swimming & Diving Skills", Sidestroke & Elementary Backstroke segments. Discuss the mechanics of the strokes and practice in the water. Review and practice front crawl progressions. Complete rotary breathing drill.

Day 5 – November 2

View "Swimming & Diving Skills", Back crawl segment. Discuss the mechanics of Back Crawl and practice progressions in the water. Practice and review mechanics of front crawl. Jump into chest deep water, recover to surface.

Discuss *Written Assignment #1: Water Safety Research & Summary* - Due 11/7.

Day 6 - November 4

View "Lifeguard" video, Entries & Approaches segment. Discuss water safety topics and lifeguarding. Practice reaching rescues. Practice combined skills, gliding to front crawl and gliding to back crawl. Introduce and practice finning and sculling motions.

Day 7 – November 9

**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 one minute. 25-yard front crawl practice test.

Day 8 – November 11

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

Day 9 – November 16

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.

Day 10 – November 18

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

Day 11 – November 23

Review and practice three main swimming strokes. Safety discussion on swimming in lakes, rivers, and oceans, practice throwing and reaching assists.

November 24 - 26 No Class Meetings.

Complete "*Partner Workout and Evaluation*" Assignment - Due December 2

Day 12 – November 30

Review and practice stroke mechanics for front crawl, backstroke, and breaststroke. Complete demonstrated skills test practice exam.

Day 13 – December 2

Deep water class – practice jump and recover to surface, floating and treading in water above head. Introduce diving progression.

Day 14 – December 7

**Demonstrated Skills Test** (15pts completed in class)

**Final Written Exam** – Written Exam will be completed on Blackboard by 11:59PM on

Thursday, December 7.

**\*\*December 9** – Make-up class (if needed due to inclement weather/class cancellation)

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 <https://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 <https://ds.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](mailto: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/>.

- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

**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 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

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