

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

RECR162 (001) – Swimming: Beginning (1)

1 Credit, Spring 2022

T/Th 9-10:15 am, - Aquatic Fitness Center REC pool, Fairfax Campus
01/24-03/13

Faculty

Name: Frederick J. Zamon
Office hours: By appointment only
Office location: Virtual or by agreement at 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, locomotive 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 ReadinessThese 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 Elementary Backstroke
 - Introduction to Back Crawl, Sidestroke and Breaststroke
 - Beginning Diving Techniques
 - Beginning aquatic skills are reviewed and minimum criteria met before moving to more advanced skills.
 - Virtual viewing (Zoom App required) of 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

Video viewing sessions on Zoom or YouTube or other media applications as determined from time to time through GMU servers.

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, assessment criteria, specific topics to address, and questions to answer for the assignment will be given in class. A second, mid-point written assignment will be defined to complement ongoing activities.

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 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.

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 critical 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 only excused with a health care provider's note presented to the instructor no later than the start of the next class.
 - f) The course consists of demonstrations, discussions, videos, and swimming mechanics covering a variety of aquatic skills.
 - g) Written assignments must be submitted on designated dates. Failure to do so may result in a reduction of allocated points for written work as noted in "**Course Performance Evaluation Weighting**" on page 4 of this syllabus.
 - h) 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.
 - i) 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. **Unless there is a medical need, such as wireless monitoring of blood sugar, 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.

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 | 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

Spring 2022

Day 1 – January 25 Recreation Pool

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

Day 2 – January 27 Recreation Pool

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 – February 1 Recreation Pool

View "Swimming & Diving Skills", Stroke Mechanics and Front Crawl segment. (ZOOM session time and date to be determined). 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 – February 3 Recreation Pool and Competition Pool

View "Swimming & Diving Skills", Sidestroke & Elementary Backstroke segments. (ZOOM session time and date to be determined). Discuss the mechanics of the strokes and practice in the water. Review and practice front crawl progressions. Complete rotary breathing drill. **FIRST DEEP WATER EXPERIENCE IN COMPETITION POOL.**

Day 5 – February 8 Recreation Pool

View "Swimming & Diving Skills", Back Crawl segment. (ZOOM session time and date to be determined). 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 2/15.

Day 6 – February 10 Recreation Pool

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 – February 15 Recreation Pool

Written Assignment #1 Due Present findings and discuss as a group. (5pts.) View "Swimming & Diving Skills", Breaststroke segment. (ZOOM session time and date to be determined). 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 – February 17 Recreation Pool

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 – February 22 Recreation Pool and Competition Pool

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. **SECOND DEEP WATER EXPERIENCE.**

Day 10 – February 24 Recreation Pool

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.

Day 11 – March 1 Recreation Pool

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

Day 12 – March 3 Recreation Pool

Review and practice stroke mechanics for Front Crawl, Back Crawl, and Breaststroke. Complete demonstrated skills test practice exam.

Day 13 – March 8 Competition Pool

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

Day 14 – March 10 Recreation Pool

Demonstrated Skills Test (15pts completed in class)

Final Written Exam – Date and venue to be determined.

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 VIA should be directed to viahelp@gmu.edu or <https://cehd.gmu.edu/aero/assessments>. 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.
- **For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .**