

George Mason University
College of Education and Human Development
Health, Fitness & Recreation Resources
Physical Activity for Lifetime Wellness
RECR 163 (001) – Swimming: Intermediate
1 Credit – FALL 2023
GMU Aquatic & Fitness Center – Fairfax Campus
Time: Mondays 12:00 – 1:15 p.m.
Dates: 8/21/2023 – 12/02/2023

Professor: S. Tomasovic
Office Hours: By Appointment before **or** after class as needed @ AFC
Office Hour Location: GMU Aquatic & Fitness Center (AFC)
GMU Office: Horizon Hall # 5173
Office Phone: 703-993-1098
Email: stomasov@gmu.edu

A. Prerequisites / Co-requisites:

Recommended: Pre-requisite RECR 162: Swimming: Beginning – **or** –

- **Swimmers with more advanced skills who want to “get back in the water.”**
- **Swimmers are placed into swim lanes according to swim skill levels.**
- *At a minimum a student should be able to complete the following recommended skills or better.*
- Demonstrate comfort on top of the water and under the water.
- Jump into deep water from the side of a pool.
- Float and glide in prone position.
- Float and glide in the supine position.
- Demonstrate knowledge of and swim front crawl (freestyle) using appropriate breathing for 25 yards.
- Demonstrate knowledge of and swim back crawl (backstroke) for approximately 15 yards.
- Demonstrate knowledge of and swim breaststroke & elementary backstroke for approximately 15 yards.

B. University Catalog Course Description: Builds on basic-level swimming skills by providing practice for confidence, refinement of coordination, and improvement of other aquatic skills. Presents more advanced swimming strokes, and focuses on physical conditioning and aquatic safety.

C. Course Overview:

- Adult learners swim at various levels, and are grouped & taught according to similar skill levels.
 - **More advanced skills are grouped together and perhaps given more endurance fitness activities.**
1. Follows American Red Cross learning in *Adult Level 2 – Improving Skills and Swimming Strokes* + some skills in *Adult Level 3 – Swimming for Fitness*: Refine your 6 swim strokes & build endurance

a. Professional Standards: American Red Cross (ARC) Standards

- Students gain proficiency, build on basic swim skills and observed for satisfactory proficiency
- Minimum criteria met before more advanced skills.
- Flexibility for student abilities in swimming strokes and skills are applied.

b. Develop confidence, endurance, and master swim stroke basics to include:

- Freestyle, Backstroke, Breaststroke, Sidestroke, Elementary Backstroke, Butterfly Turning (open & basic flip turns), treading water, diving from side, surface dives

2. Video Viewing: ARC and You Tube stroke and dive videos assist with your skills and learning.

3. Course contains: Demonstrations, Practice, Video Viewing, Text Readings and Question Responses.

D. Course Delivery Method:

This course is an activity-based course.

E. Learner Outcomes or Objectives: *This course is designed to enable students to do the following:*

1. Demonstrate a coordinated front crawl (freestyle) for one pool length, 25 yards
2. Demonstrate a coordinated back crawl (backstroke) for one pool length, 25 yards.
3. Demonstrate a coordinated elementary backstroke for one pool length, 25 yards.
4. Demonstrate a coordinated sidestroke for one pool length, 25 yards.
5. Demonstrate a coordinated breaststroke techniques and swim 25 yards.
6. Demonstrate beginning butterfly techniques, and swim approximately 15 yards.
7. Explain and demonstrate personal safety, survival floating, and pool-side rescue.
8. Demonstrate and maintain position on back for 1 minute in deep water (floating or sculling).
9. Demonstrate treading water and surface dives in deep water.
10. Demonstrate turning at the pool wall using open turns while swimming various strokes.
11. Demonstrate a standing front dive from the side of the pool.

F. Required Text & Materials / Equipment:

Text: Messner, Y. (2009). *Swimming everyone* (3rded.) Winston-Salem: Hunter Textbooks.

Materials: Swim goggles, towel, possibly cap for long hair, kickboards available on pool deck
Wear a swim suit that is not revealing and that will not fall off
Your own swim fins are acceptable

G. 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

H. In-Class Requirements:

1. Suit up: Ready to swim before class begins. Be sure to shower 😊
2. Equipment: **Goggles: REQUIRED each class** – University Mall (SUITUP LLC) sports stores
 - Using your own swim fins is acceptable
3. Long Hair: Students with long hair are REQUIRED to wear a swim cap, or tie hair very securely.
4. Injuries: **Pre-existing conditions / injuries** affecting performance - inform instructor ASAP

I. GRADING: Course Performance Evaluation Weighting Total Points Available: **100 points**

1. **PARTICIPATION /EFFORT Required** (swimming in class) **75% of points** **75 points**
 - a. **Effort is:** The improved knowledge, demonstration, and completion of swim skills
 - Participation courses: Build on skills / learning from previous class sessions
 - Ability Assessment: Each student's abilities are taken into consideration
 - b. **Participation Effort:** **5 – 6** participation points awarded each session for swim / skills effort.
 - **Full participation:** Expected in all class sessions ... **even if you exceed the criteria**
 - **Partial Points:** Possible for ... late / tardy arrivals and early departures
 - **Improvement:** **Practice** weekly – dry land or in-water for successful improvement
 - **Make-Up Sessions:** None are currently scheduled
 - c. **Points not guaranteed:** Skills are observed and awarded each class for improvement and effort.
 - d. **Health Issues:** **Attend & Observe** even if you have minor concerns / issues.
 - Student Observes: Class learning – awarded **½ of the daily points for observing.**
 - Documentation: If needed, students should see a physician & seek assistance if absent
 - **Injuries:** If swimmer misses **2 (two) fairly consecutive class sessions ...**
Instructor will assist w/ problem solving (incomplete, drop course)
2. **TEXT QUESTIONS:** **Required** **20% of points** **20 points**
 - a. Read: Textbook chapters – answer the questions at the END of each chapter
Chapters 1- 4 (6 pts) Chapters 5-8 (7 pts) Chapters 9-12 (7 pts)
 - b. Writing Format: Answers arranged in bullet format (**no hand-written submissions**)
 - c. **Submit + Post:** on Blackboard by the assigned date
3. **FINAL SWIM REPORT:** **Required** **5% of points** **5 points**

- a. **Read 2-3 articles:** Relate to a stroke **skill/technique** or an aquatic topic of interest.
 - Sample papers: Available for student viewing @ the beginning of the semester.
 - Suggested sites: Swimming World Magazine.com; United States Masters Swim.org; USA Diver.com; Swimming Science.net; swimswam.com; Liveabout.com/swimming; USA Swimming.org
- b. **Write articles summary:** Part #1: Overview of skills/techniques discussed in the articles
Part #2 **Analysis / Application:** Your learning from article readings
- c. **Works Cited:** Add article citation to the **end of the paper** using **APA** or **MLA** style
- d. **Paper Logistics:** TYPED 2-page (approximately 350-400 words) report
 - Paper Skills Topic: Decided in class between the swimmer and the instructor.
 - Late Penalty: -5 points is assessed for each class session day that the report is late.
 - Writing: College level writing; Times New Roman; double space; paragraph format
 - Share Findings: Paper discoveries shared “on the swim deck” – informal, 1-2 minutes
 - **Post:** Written report on Blackboard

J. Extra Participation Points Possibility: (See instructor Class Session #1 or #2 of the semester.)

- GMU Intercollegiate Swim Meet:
 - a. Inform instructor: Date/time. Attend for 1.5 hours (free admission). Get a printed program
 - b. Post - Blackboard: Typed. Approximately a 350-400 word overview and observation paper
 - Part #1: Overview fans in stands, teams, colors of swim hats/suits, exact swim events.
 - Part #2: Identify what you observed and learned re: stroke techniques & skills.

K. Grade Scale:

93% -100%	of total points:	93 – 100 points = A
90% - 92%	of total points:	90 – 92 points = A–
88% - 89%	of total points:	88 – 89 points = B+
84% - 87%	of total points:	84 – 87 points = B
80% - 83%	of total points:	80 – 83 points = B–
78% - 79%	of total points:	78 – 79 points = C+
74% - 77%	of total points:	74 – 77 points = C
70% - 73%	of total points:	70 – 73 points = C–
60% - 69%	of total points:	60 – 69 points = D
0% - 59%	of total points:	0 – 59 points = F

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

RECR 163: Course Weekly Schedule:

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

Week	75 Participation Pts	Topics + Assignments	(always subject to change)
1	8/21	(5)	Overview: Review of Syllabus / Course / Text – Meet & Greet Students share: Hometown – Major / Minor – Aquatic background Why are you taking this class? View: Video/s Discuss: Pool Facility – Policies – Tour Facility – Possible swim screening
2	8/28	(5)	Screening: Freestyle – backstroke – elem backstroke - breaststroke – deep water Adult Swim I: Reviewing Basics (Level III: Stroke Development) Front glide / Front crawl + Back glide / Backstroke + Flutter kicking Begin Butterfly kick + arm stroke Read & Answer Text Questions: Chapters #1 – #2 – #3 – #4 View video: Freestyle / Backstroke Stroke Instruction https://www.youtube.com/watch?v=udODY0LF_gw
3	9/04	No GMU Classes – Labor Day – Federal Holiday	
4	9/11	(6)	Adult Swim I: Reviewing Basics (Level III: Stroke Development) Individual medley intro: Butterfly, Backstroke, Breaststroke, Freestyle DUE/POST: Answers to Text Questions 6 points Chapters #1 – #2 – #3 – #4
5	9/18	(6)	Adult Swim I: Reviewing Basics (Level III: Stroke Development) Individual medley intro: Butterfly, Backstroke, Breaststroke, Freestyle VIEW: Swimming Freestyle https://www.youtube.com/watch?v=aCd0uxcAbu8 https://www.youtube.com/watch?v=ixHllrTpf04
6	9/25	(6)	Adult Swim II: Improving Skills / Strokes (Level IV: Stroke Improvement) Front Crawl, Elem Back, Backstroke, Breaststroke, Sidestroke, Fly Read & Answer Text Questions: Chapters #5 – #6 – #7 – #8

7 10/02 (6) Adult Swim II: Improving Skills / Strokes (Level IV: Stroke Improvement)
Read & Answer Text Questions: Chapters #5 – #6 – #7 – #8

8 10/09 **Fall Break** – Monday classes meet on Tuesday

9 10/16 (6) Adult Swim II: Improving Skills / Strokes (Level IV: Stroke Improvement)
Open turns / Front & Back / Flip turns

DUE/POST: Answers to Text Questions 7 points

Chapters #5 – #6 – #7 – #8

VIEW: Stroke Videos

10 10/23 (6) Adult Swim II: Improving Skills / Strokes (Level IV: Stroke Improvement)
Dive from the side of the pool from stride and standing position.
Underwater Surface Dives: Feet-First – Pike – Tuck / Retrieve object
Learn kicks for treading water

Read & Answer Text Questions: Chapters #9 – #10 – #11 – #12

11 10/30 (6) Adult Swim II: Improving Skills / Strokes (Level IV: Stroke Improvement)
Read & Answer Text Questions: Chapters #9 – #10 – #11 – #12

12 11/06 (6) Adult Swim III: Swimming for Fitness (Level V: Stroke Refinement – more distance)
Freestyle, Breaststroke, Backstroke, Sidestroke, Butterfly, Elem Back
Alternate Breathing / sculling / Long shallow dive from side of pool

DUE/POST: Answers to Text Questions 7 points

Chapters #9 – #10 – #11 – #12

13 11/13 (6) Adult Swim III: Swimming for Fitness (Level V: Stroke Refinement – more distance)
Discuss: Skills Paper & Topics
Assigned Individually by Instructor in class
Begin finding and reading skills articles, and then ... write the Skills Paper

14 11/20 (6) Review: Diving from the side / Relays
Review strokes and Wrap up

15 11/27 (6) Review: Relays / Review strokes / Wrap up
DUE/POST: Skills Paper & articles – on Blackboard 5 points
Present article findings and what you learned to the class

M. 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/>

N. GMU Policies and Resources for students

Policies

1. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
2. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
3. 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.
4. 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>).
5. Students must silence 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. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
3. **Notice of mandatory reporting of sexual assault, interpersonal violence, & 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 <http://cehd.gmu.edu/>

Mason students now have FREE access to TimelyCare – a virtual mental health and well-being platform crafted specifically for college students!

With TimelyCare, Mason students will have access to a multitude of virtual mental health and well-being resources that are free and available 24/7. Find out more about the resources available online at Timelycare.com/gmu or Download the app.



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 and 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>

