

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
Physical Activity and Sports Program
PHED 150 - 5P1: Intermediate Swimming (1)
SPRING 2013

PROFESSOR:	S. Tomasovic	FACULTY OFFICE:	Robinson A #324
DAY/TIME:	Monday 12:00 – 1:15	FACULTY BOX:	Comm Department
CLASS LOCATION:	GMU Aquatic Center	OFFICE PHONE:	703-993-1098
OFFICE HOURS:	Monday – after class @ Aquatic Ctr.	E-MAIL:	stomasov@gmu.edu

COURSE DESCRIPTION:

A course designed to build on the 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, water safety skills, and aquatic safety.

PREREQUISITES:

1. Demonstrate comfort on top of the water and under the water.
2. Jump into deep water from the side of a pool.
3. Float and glide in prone position.
4. Float and glide in the supine position.
5. Demonstrate knowledge of and swim front crawl (freestyle) using appropriate breathing for 25 yards.
6. Demonstrate knowledge of and swim back crawl (backstroke) for approximately 10 yards.
7. Demonstrate knowledge of and swim elementary backstroke for approximately 10 yards:

COURSE OBJECTIVES: *At the conclusion of this course, students should be able to:*

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

NATURE OF COURSE DELIVERY: Face to Face

TEXT / REQUIRED READINGS:

Messner, Yvonne. Swimming Everyone. 3rded. Winston-Salem: Hunter Textbooks, 2009.

ADDITIONAL RECOMMENDATIONS:

- Printer ink and paper: Responsibility for ample personal supply or Mason \$\$ to complete assignments.

COURSE CONTENT:

1. This course primarily follows the American Red Cross Level III and IV (intermediate) skill curriculum: water safety, stroke mechanics, breathing mechanics, aquatic safety skills, and beginning diving skills.
2. By the end of this course, you will have successfully completed all of the skills in the American Red Cross Level IV and some of the skills in Level V and Level VI.
3. Beginning aquatic and safety skills are reviewed, & minimum criteria met before moving to advanced skills.
4. Viewing the ARC swimming stroke and diving video assists with the learning.
5. The course consists of demonstrations, discussions, video viewing, text chapter questions, and a skill report.
6. Practice, text assignments and reflection on your efforts assist your learning goals and outcomes.

AMERICAN RED CROSS (ARC) STANDARDS and EVALUATION:

- Course record forms are occasionally submitted to the American Red Cross.

IN-CLASS REQUIREMENTS:

1. Attend class ready to swim each session, wearing an appropriate swim suit that will not fall off.
2. Suit up before class begins, and be sure to shower.
3. Wear appropriate swim goggles (your equipment) at each session.
 - Students will not be permitted to swim, if goggles are not worn.
 - Purchase @ University Mall (SUITUP LLC), any sporting goods store, online: Sports Authority, etc.
4. Students with long hair are REQUIRED to wear a swim cap, or tie the hair very securely every class session.
5. No gum chewing is permitted while swimming, for safety reasons.
6. Attention is expected during class discussion, observation, in-water practice sessions, and video viewing.
7. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.

PARTICIPATION AND COURSE GUIDELINES:

1. This is a participation course, and each class builds on the skills learned in the previous class sessions.
 - FULL participation is encouraged and expected in all class session for all class activities.
 - Student Improvement: Expectation to *practice* each week approximately *one to two hours outside of class*.
 - *Even if you exceed the criteria*, to pass the class - FULL participation is *STILL* expected for each student.
2. Course participation points vary and are awarded during daily observation demonstrating student effort for:
 - Individual skill, technique, and endurance improvements
 - Satisfactory performance and demonstration of each skill
 - Completion of course objectives
3. Attend and observe, even if experiencing dental, transportation, housing or minor health problems.
 - a. Exceptions for absences: well-documented medical excuse with a physician info, or a GMU function.
 - b. PARTIAL points: earned for partial participation, for example, late arrivals and early departures.
4. Injury: If you have an injury or incur one during the course that prevents FULL participation up to two class sessions, the student will be asked to drop the course. Consider taking the class at another time.

GRADING SCALE: *The final grade is based on the following 100 % point grading scale:*

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

GRADING POLICY & METHOD OF EVALUATION: Grading: based on accumulation of 100 available points

1. Questions from the text / Take Home Exam (REQUIRED): 10% of points 10 points
 - No e-mailed assignments are accepted.
 - *Submit in hard copy paper format* to the instructor – as scheduled – in class.
2. Swim stroke /mechanics report (REQUIRED): 10% of points 10 points
 - Read swim articles & report on swimming skills / mechanics.
 - No e-mailed assignments are accepted.
 - *Submit referenced articles & hard copy of paper* to the instructor - as scheduled - in class.
3. Participation and effort in all aquatic and safety skills: 40% of points 40 points
4. Improvement / demonstration/completion of all skills: 40% of points 40 points
 - Students awarded approximately 6-7 points for each class session of participation and swimming.
 - Each student's abilities are taken into consideration.
 - Students that do not participate but attend class and observe are awarded 3-4 points for the session

TEXT QUESTIONS / EXAM – TAKE HOME: (REQUIRED w/out exception for a passing grade of “C”)

1. Answer the questions from the back of each assigned chapter thoroughly (see course schedule).
2. TYPED answers ONLY and can be arranged in bulleted format.
 - No hand written submissions will be accepted.
3. A penalty of -5 for each class session late.
4. NO electronically transmitted questions are accepted.

WRITTEN SKILL/MECHANICS STROKE REPORT: (REQUIRED w/out exception for a passing grade of “C”)

1. Read SEVERAL ARTICLES relating to a technique used in a swimming stroke.
 - PRINT OUT the entire articles from the internet sites or books used.
 - Attach the articles to the back of the paper.
2. SUMMARIZE THE ARTICLES: overview of the skill(s) and what you learned
 - *Print out* the paper in hard copy and submit in class only. *No submissions via e-mail.*
3. TYPE/ word process a two page report (approximately 350 words) on a technique used in a swimming stroke.
 - a. Assignment of the topic is made during class.
 - b. A penalty of -5 points is assessed for each class session day that the report is late.
 - c. College level writing is expected using APA or MLA guidelines w/ works noted at the end of the report.
 - d. Sometimes the report is shared as an informal presentation using an “on-deck” style of explanation.
4. Popular research sites: www.swim-tech.com, www.ehow.com/swimming-sports, www.swim-city.com, www.swimmingworldmagazine.com, <http://swimming.about.com>, <http://swim.isport.com>, www.usadiver.com, <http://www.swimmingscience.net>, www.usms.org, <http://findarticles.com>
5. Sample papers are available for student viewing @ the beginning of the semester.

EXTRA CREDIT (7 points acquired – equivalent to one class session – no partial credit):

Sometimes extra credit is awarded for students wanting to attend a GMU intercollegiate swim meet.

- INFORM instructor one week before the event: the exact date and time you plan to attend.
- Attend the swim meet for at least 1.5 hours (free admission to GMU students).
- Acquire a “swim meet program” - hand-enter competitor times, written in the spaces next to the names.
- Write a 350 word paper (overview and observation) and briefly discuss ...
 - A. Overview the physical location of the meet, identify the teams, colors of swim hats / suits.
 - B. The exact swim events you observed.
 - C. What you learned regarding: Stroke techniques & skills you observed.

UNIVERSITY POLICIES AND PROCEDURES:

1. This class adheres to all university policies and appropriate GMU policies and regulations.
 - a. All policies regarding sexual harassment and equal opportunity are followed.
 - b. The goal is to provide you with a safe, fair, and equitable learning environment.
2. GMU Honor Code: <http://oai.gmu.edu/honor-code/> All students are held to GMU standards
3. GMU Policy: Sound emitting devices shall be turned off during class unless otherwise authorized by professor
4. All communication from the GMU, college, school, and program will be sent through Mason e-mail. Students must activate their account and are responsible for the communication content sent to Mason e-mail.
5. Office of Disability Services (ODS): <http://ods.gmu.edu> Notify instructor in writing at beginning of semester.
6. Counseling and Psychological Services (CAPS): <http://caps.gmu.edu> Offers a wide range of services.
 - a. The Center is staffed by professional counseling and clinical psychologists, social workers and counselors.
 - b. The Center offers individual and group counseling, workshops and outreach programs.
7. School of Recreation Health and Tourism: visit the website <http://rht.gmu.edu> for additional information

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the GMU Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University 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 must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].

For additional information on the College of Education and Human Development: School of Recreation Health, And Tourism, visit our website [See <http://rht.gmu.edu>].

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.

