

George Mason University: College of Education and Human Development
School of Recreation, Health, and Tourism
RECR 163 - 001: Intermediate Swimming
1 Credit - FALL 2016
Meeting Day / Time: Monday 12:00 – 1:15
Class Location: GMU Aquatic Center – Small Recreation Pool – Fairfax Campus

Professor: Susan Tomasovic
Office Hours: by appointment: before or after class or Tuesday / Thursday days
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A. Prerequisites: RECR 162 – Beginning Swimming OR Permission of Instructor

- *At a minimum: the following skills are recommended*
- 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 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:

1. Students swim at various levels.
2. Each student is placed in a lane and taught at their particular individual student skill level.
3. This course primarily follows the American Red Cross Level III and IV (intermediate) skills curriculum:
 - Water & aquatic safety skills
 - Stroke and breathing mechanics
 - Beginning diving from the side of the pool entry
4. Viewing the ARC swimming stroke and diving video assists with the learning.
5. Practice, text assignments and reflection on your efforts assist your learning goals and outcomes.
6. The course consists of:
 - Demonstrations
 - Discussions
 - Video viewing
 - Text chapter questions
 - A skills report paper

D. Course Delivery Method:

- This course will be delivered using a lab / Face to Face format.

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

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 and swim approximately 25 yards.
6. Demonstrate beginning butterfly techniques, and swim approximately 15 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.

F. Professional Standards:

1. This course follows the American Red Cross (ARC) Standards for the Learn-to-Swim program.
2. Upon completion of this course, students will have met the following standards:
 - a. Successfully completed all of the skills in the ARC Level IV and some of the skills in Levels V & VI.
 - b. Beginning aquatic & safety skills are reviewed & minimum criteria met before learning advanced skills.
 - c. Course record forms are occasionally submitted to the American Red Cross

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

H. Course Performance Evaluation (Including performance evaluation and weighting)

*Students are expected to submit all assignments on time in the manner outlined by the instructor.
This course is primarily a Performance Based Assessment.*

1. Assignments and Examinations: (Grading is based on accumulation of 100 available points)

- a. **Questions from the text / Take Home Exam (REQUIRED):** 10% of points 10 points
 - Answer the questions from the back of each assigned chapter thoroughly (see course schedule).
 - TYPED ONLY - can be arranged in bulleted format - No hand written submissions accepted.
 - A penalty of -5 for each class session late. Questions are due even if they are late.
 - *REQUIRED w/out exception for a passing grade of "C"*
 - *Submit in hard copy paper form* to the instructor – as scheduled – in class (no emailed copies)
- b. **Skill / Swim stroke /mechanics report (REQUIRED):** 10% of points 10 points
 - Read 2 x swimming skill articles about the same skill/technique used in a swim stroke
 - Assignment of the topic is made during class
 - PRINT OUT the entire articles from the internet sites or books used
 - WRITE / TYPE a short paper:
 - Summarize the skills noted in the articles and overview what you learned
 - Type a 2-page report (approximately 350 words)
 - A penalty of -5 points is assessed for each class session day that the report is late.
 - College level writing; Times New Roman; APA or MLA style; + *Works cited page*
 - Reports are usually informally presented in-class using an “on-deck” style of explanation.
 - Sample papers are available for student viewing @ the beginning of the course semester.
 - **Popular research sites:** www.swimmingworldmagazine.com; www.usms.org; www.usadiver.com; www.swimmingscience.net; www.swimoutlet.com; www.swimswam.com; www.swimsmooth.com; <http://swimming.about.com>; <http://swim.isport.com>; www.usaswimming.org
 - **SUBMIT: Hard copy of read & referenced articles + Hard copy of paper** (no emailed copies)

2. Other Requirements / Participation Guidelines:

- a. Participation and effort in all aquatic and safety skills: 40% of points 40 points
- Students awarded 3 – 4 points each class session for:
 - Participation and swimming effort during the session
- b. Improvement – demonstration – completion of all skills: 40% of points 40 points
- Students awarded 3 – 4 points each class session for:
 - Improvement - demonstration - completion of all skills
- c. Skill Observation:
- Practical skill testing takes place throughout the course, and is measured using ARC standards
 - Each student’s abilities are taken into consideration.
 - ***Students that do not participate, but attend class and observe,***
 - ***Awarded ½ of the daily session points.***
- d. This is a participation course: 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: *Practice* each week approximately *1-2 hours outside of class.*
 - *Even if you exceed the criteria, to pass the class - FULL participation is expected and required.*
- e. Course participation points: Vary and are awarded during daily observations of student effort for:
- Individual skill, technique, and endurance improvements
 - Satisfactory performance and demonstration of each skill
 - Points are not guaranteed during each class; practical skill testing is performed during the course.
- f. Attend and observe: Even if experiencing dental, transportation, housing or minor health problems.
- Exceptions: well-documented medical excuse w/ physician information, or GMU function.
 - PARTIAL points: earned for partial participation, for example, late arrivals and early departures.
- g. INJURY:
- Students that become injured during the term or have pre-existing conditions that may affect performance must inform the instructor immediately.
 - If this prevents FULL participation up to 2 (two) class sessions, please drop the course.
 - Consider taking the class a different term.
- h. Other In-Class Requirements
- Attend: Ready to swim each session, wearing an appropriate swim suit that will not fall off.
 - Suit up: Before class begins, and be sure to shower.
 - Goggles: Appropriate swim goggles (REQUIRED equipment) each class.
Can be purchased at GMU Aquatic Center, University Mall (Suitup LLC), etc.
 - Long hair: REQUIRED to wear a swim cap, or tie hair very securely every class session.
 - Gum: No gum chewing while swimming for safety reasons.
 - Attention: Expected during class discussion, observation, in-water practice, video viewing

3. Grading Policies Scale: *The final grade is based on the following 100 % point grading scale:*

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

Professional Dispositions:

- Students are expected to exhibit professional behaviors and dispositions at all times.
- This class adheres to all university policies and regulations re: sexual harassment and equal opportunity.
- The goal is to provide you with a safe, fair, and equitable learning environment.

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 University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://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 <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor. *Campus Resources*
- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.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/>).
- 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 Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

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

- Faculty reserve the right to alter the schedule as necessary, with notification to students

Dates	Daily Points	Topics (<i>always subject to change</i>)
8/29	(6)	Meet in AQ 112 – Syllabus review / View Stroke Video / Intro to Pool Area
9/05		LABOR DAY
9/12	(6)	Level III: Stroke Development
9/19	(6)	Level III: Stroke Development <i>SUBMIT: Typed Answers to text Chapters #1 - #4</i>
9/26	(6)	Level IV: Stroke Improvement - work on increasing distance swimming – Video Viewing
10/03	(7)	Level IV: Stroke Improvement <i>SUBMIT: Typed Answers to text Chapters #5 - #8</i>
10/10		FALL BREAK
10/17	(7)	Level IV: Stroke Improvement (View Stroke Video @ Poolside)
10/24	(7)	Level IV: Stroke Improvement
10/31	(7)	Level IV: Stroke Improvement Discussion: Skills Paper - Assignment of Topic Discussion w/ Instructor
11/07	(7)	Level V: Stroke Refinement
11/14	(7)	Level V: Stroke Refinement <i>Begin to Present/SUBMIT: Skills Paper (Typed Hard copy) + print out swim articles</i>
11/21	(7)	Level V: Stroke Refinement
11/28		Review – Relays / Wrap Up
12/05		Review – Relays / Wrap Up