

George Mason University
College of Education and Human Development

Physical Activity for Lifetime Wellness

RECR 163 (001): Swimming: Intermediate
1 Credit - Spring 2018

Monday 12:00 – 1:15 AFC RM 112/Comp pool – Fairfax Campus

Professor: S. Tomasovic
Office Hours: By Appt. before or after class + T/TR
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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.

Prerequisites/Co-requisites:

RECR 162 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.

Course Overview:

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 from the side.
2. Be 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, and 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.
7. Students swim at various levels, and therefore each is placed and taught at the individual student skill level.

Course Delivery Method:

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

Learner Outcomes or 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.

Professional Standards AMERICAN RED CROSS (ARC) STANDARDS:

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

Upon completion of this course, students will have met the following professional standards:

- Successfully completed all of the skills in the ARC Level IV and some of the skills in Levels V & VI.
- Beginning aquatic & safety skills are reviewed & minimum criteria met before learning advanced skills.

Required Text:

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

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (i.e. hard copy).

Assignments and Take Home Questions

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

1. Read SEVERAL ARTICLES relating to a skill/technique used in a swimming stroke.
 - PRINT OUT the entire articles from the internet sites or books used
 - ATTACH the articles to the end of the hard copy 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: 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; Times New Roman; APA or MLA style; w/ citations noted at the end.
 - d. Sometimes the report is shared as an informal presentation using an "on-deck" presentation.
4. Popular research sites: www.swimmingworldmagazine.com; www.usms.org; www.usadiver.com; www.swimmingscience.net; www.swimoutlet.com; www.swimswam.com; http://swimming.about.com; http://swim.isport.com; www.usaswimming.org; www.ehow.com/swimming-sports; www.swim-tech.com
5. Sample papers are available for student viewing @ the beginning of the semester.

TAKE HOME TEXT QUESTIONS (REQUIRED)

1. Questions from the text / Take Home (REQUIRED):
 - a. Answer the questions from the back of each assigned chapter thoroughly (see course schedule).
 - b. TYPED ONLY - can be arranged in bulleted format - No hand written submissions accepted.
 - c. A penalty of -5 for each class session late. Questions are due even if they are late.
 - d. *REQUIRED w/out exception for a passing grade of "C"*
 - e. Submit in hard copy paper form to the instructor – as scheduled – in class
 - f. No emailed copies

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

1. Sometimes extra credit is awarded for students wanting to attend a GMU intercollegiate swim meet.
 - a. INFORM instructor one week before the event: the exact date and time you plan to attend.
 - b. Attend the swim meet for at least 1.5 hours (free admission to GMU students).
 - c. Acquire a “swim meet program” + hand-enter competitor times, written in paces next to the names.
 - d. Write / type a 350 word paper (overview and observation) and briefly discuss ...
 - Overview the physical location of the meet, identify the teams, colors of swim hats / suits.
 - The exact swim events you observed.
 - What you learned regarding: Stroke techniques & skills you observed.
2. Weekly Reflection / Journal Paragraphs. (See instructor)

In-Class Requirements:

1. Attend: 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. Equipment: Goggles: Wear appropriate swim goggles each session
 - Students may not be permitted to swim, if goggles are not worn.
 - Purchase @ GMU Aquatic Ctr., University Mall (SUITUP LLC), sporting goods store.
4. Long Hair: Students with long hair are REQUIRED to wear a swim cap, or tie hair very securely.
5. Gum: No gum chewing while swimming, for safety reasons.
6. Attention: Expected during all class activities and video viewing
7. Injuries: Students w/ injuries/pre-existing conditions affecting performance - inform the instructor.

Other Requirements:

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 *1-2 hours outside of class.*
 - *Even if you exceed the criteria, to pass the class - FULL participation is expected and required.*
2. 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 the semester; practical skill testing is performed during the course.
3. 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.
4. INJURY: Students w/ injury or incurring one during the course that prevents FULL participation up to 2 (two) class sessions, the student will be asked to drop the course.
Consider taking the class a different term

Course Performance Evaluation Weighting

- Grading: based on accumulation of 100 available points
- There are no make-up opportunities

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|----|---|---------------|-----------|
| 1. | Questions from the text / Take Home (REQUIRED) | 10% of points | 10 points |
| | <ul style="list-style-type: none"> • No e-mailed assignments are accepted. • Submit in hard copy paper form to the instructor – as scheduled – in class. | | |
| 2. | Swim stroke / mechanics report (REQUIRED) | 10% of points | 10 points |
| | <ul style="list-style-type: none"> • Read 2 swim articles & write a report on swimming skills / mechanics • No e-mailed assignments are accepted. • Submit hard copy + referenced articles to the instructor – as scheduled – in class. | | |
| 3. | Participation and effort in all aquatic and safety skills: | 40% of points | 40 points |
| | <ul style="list-style-type: none"> • Students awarded 3 – 4 points each class session for: <ul style="list-style-type: none"> ○ Participation and swimming effort during the session | | |
| 4. | Improvement – demonstration – completion of all skills: | 40% of points | 40 points |
| | <ul style="list-style-type: none"> • Students awarded 3 – 4 points each class session for: <ul style="list-style-type: none"> ○ Improvement - demonstration - completion of all skills • Practical skill testing takes place throughout the course • Each student’s abilities are taken into consideration. • Students that do not participate, but attend class and observe, <ul style="list-style-type: none"> ○ Awarded ½ of the daily session points. | | |

TOTAL POINTS AVAILABLE: 100 points

Grading Policies 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:

See <https://cehd.gmu.edu/students/policies-procedures/>

Class Schedule: RECR 163 (001) Swimming: Intermediate

Session	Daily Pts	Topics & Assignments (always subject to change)	SPRING 2018
1	3/19	(6) Syllabus review / View Stroke Video / Intro to Pool Area In-water stroke screening, if necessary – Bring suit, goggles, towel	
2	3/21	(6) Level III: Stroke Development READINGS: Chapters #1 - #4	

3	3/26	(6)	Level III: SUBMIT:	Stroke Development <i>Typed Answers to text Chapters #1 - #4</i>
4	3/28	(6)	Level IV:	Stroke Improvement - work on increasing distance swimming Video Viewing
5	4/02	(7)	Level IV: READINGS:	Stroke Improvement Chapters #5 - #8
6	4/04	(7)	Level IV: SUBMIT:	Stroke Improvement <i>Typed Answers to text Chapters #5 - #8</i>
7	4/09	(7)	Level IV: READINGS:	Stroke Improvement Chapters #9 - #12
8	4/11	(7)	Level IV: SUBMIT:	Stroke Improvement <i>Typed Answers to text Chapters #9 - #12</i>
9	4/16	(7)	Level V: Discussion: Begin:	Stroke Refinement Skills Paper & Topics Assignment of Individual Skills Topic w/ Instructor
10	4/18	(7)	Level V:	Stroke Refinement
11	4/23	(7)	Level V: Begin:	Stroke Refinement <i>Present/SUBMIT Skills Paper (Typed Hard copy) + swim articles</i>
12	4/25	(7)	Level V: Continue:	Stroke Refinement Review – Relays / Wrap Up <i>Present/SUBMIT Skills Paper (Typed Hard copy) + swim articles</i>
13	4/30		Review:	Swim sessions - Relays - Wrap Up
14	5/02		Review:	Swim sessions – Relays – Wrap Up

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 <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/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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