

George Mason University
College of Education and Human Development

Physical Activity for Lifetime Wellness

RECR 163 (001) – Swimming: Intermediate

1 Credit – Spring 2021

GMU Aquatic & Fitness Center – Fairfax Campus

Time: Monday 12:00 – 1:15 Dates: 1/25 – 4/26

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

Prerequisites/Co-requisites:

RECR 162: Swimming: Beginning (skills level) **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.

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.

Course Overview:

- **Students are grouped into different and appropriate swim lanes based on like skills levels.**
 - **Those with more advanced skills are grouped together and perhaps given a more vigorous workout.**
1. This course primarily follows the American Red Cross Level IV (intermediate skill curriculum): Water safety, stroke mechanics, breathing mechanics, safety skills, and beginning diving skills from the side.
 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 (the top ARC Learn-to-Swim level)
 3. Beginning aquatic & 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 is an activity-based course.

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 in the syllabus.

Assignments and Take-Home Questions:

1. Questions from the text / Take Home (REQUIRED):
 - a. Read the chapters in the textbook
 - b. Answer the questions from the back of each assigned chapter thoroughly
2. Format:
 - a. SUBMIT: Online ... OR ... to the instructor in class – as scheduled
 - b. TYPED: Can be arranged in bulleted format - **No hand-written** submissions accepted.
 - c. *REQUIRED: Without exception for a passing grade of "C"*

Written Skill / Mechanics 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. Suggested sites: swimmingworldmagazine.com; www.usms.org; usadiver.com; www.swim-tech.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
5. Sample papers are available for student viewing @ the beginning of the semester.

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

1. Personal Reflective Learning Journal: Paragraphs DUE each week of the semester.
 - a. SUBMIT: Journal paragraph each week – typed – approximately 250 words – in hard copy
 - b. CONTENT: Participate in the learning – make observations – summarize facts & experience
Identify swim strokes & techniques of swim session – yardage completed
How well you accomplished the skills (positive or negative)
Any profound experiences & what it meant to you. – improvements to be made
2. GMU Intercollegiate Swim Meet:
 - a. Inform: Instructor one week before event re: the exact date and time you plan to attend.
 - b. Attend: For at least 1.5 hours (free admission to GMU students).
 - c. Acquire: A “swim meet program” + hand-enter competitor times in spaces.
 - d. Type/submit: Approximately a 350 word overview and observation paper
 - Overview location, identify the teams, colors of swim hats / suits, exact swim events.
 - Identify what you observed and learned re: stroke techniques & skills.

In-Class Requirements:

1. Attend: Ready to swim. Wear an appropriate swim suit that is not revealing & will not fall off.
2. Suit up: Before class begins. Be sure to shower.
3. Equipment: Goggles: Wear appropriate swim goggles each pool session
 - Students may not be permitted to swim, if goggles are not worn.
 - Purchase @ GMU Aquatic Ctr, University Mall (SUITUP LLC), sports 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: Pre-existing conditions / injuries affecting performance - inform the instructor ASAP

Other Participation Requirements:

1. A participation course: Each class builds on the skills learned in the previous class sessions.
 - FULL participation: Encouraged and expected in all class session for all class activities.
 - Student Improvement: Expectation weekly *practice* approximately *1-2 hours outside of class*.
 - *Even if you exceed the criteria, to pass the class - FULL participation is expected.*
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 assessment is performed during class.
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 incurring an injury preventing FULL participation up to 2 (two) class sessions.
 - Important: The student will be asked to drop the course without incurring a grade.
 - The instructor will work with the student to consider taking the class a different term.

Grading: Course Performance Evaluation Weighting

- Based on accumulation of available points TOTAL POINTS AVAILABLE: 100 points
1. Questions from the text / Take Home (REQUIRED) 25% of points 25 points
 - 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) 15% of points 15 points
 - 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: 30% of points 30 points
 - Students awarded 2 – 3 points each class session for:
 - Participation and swimming effort during the session
 4. Improvement – demonstration – completion of all skills: 30% of points 30 points
 - Students awarded 2 – 3 points each class session for:
 - 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,
 - Awarded ½ of the daily session points.

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:

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

Course Schedule:

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

Session	Daily Pts	Topics + Assignments	(always subject to change)
1	1/25	(4)	VIA ZOOM VIEW: Video Discuss: Pool Facility – Policies – Procedures Welcome – Syllabus / Course / Text review
2	2/01	(4)	Screening: Level III: Homework: View Video – Freestyle / Backstroke Stroke Instruction https://www.youtube.com/watch?v=ud0DY0LF_gw Swim strokes – 25 yards front crawl – back crawl – deep water Stroke Development Front glide / Front crawl + Back glide / Backstroke + Flutter kicking Begin Butterfly kick + arm stroke
3	2/08	(4)	Level III: Homework: READINGS + Answer Text Chapter Questions Chapters #1 – #2 – #3 – #4 Stroke Development Individual medley intro: Butterfly, Backstroke, Breaststroke, Freestyle
4	2/15	(4)	Level IV: Homework: READINGS + Answer Text Chapter Questions Chapters #1 – #2 – #3 – #4 VIEW: https://www.youtube.com/watch?v=aCd0uxcAbu8 https://www.youtube.com/watch?v=ixHllrTpf04 Stroke Improvement – Increase distance swimming Front Crawl, Elem Back, Backstroke, Breaststroke, Sidestroke, Fly
5	2/22	(4)	Level IV: DUE/POST: Answer Text Chapter Questions 8 points Chapters #1 – #2 – #3 – #4 Stroke Improvement
6	3/01	(5)	Level IV: Homework: READINGS + Answer Text Chapter Questions Chapters #5 – #6 – #7 – #8 VIEW: Stroke Videos Stroke Improvement Open turns / Front & Back / Flip turns

7 3/08 (5) 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
Homework: READINGS + Answer Text Chapter Questions
Chapters #5 – #6 – #7 – #8
VIEW: Stroke Videos

8 3/15 (5) Level IV: Stroke Improvement
DUE/POST: Answer Text Chapter Questions 9 points
Chapters #5 – #6 – #7 – #8
Homework: READINGS + Answer Text Chapter Questions
Chapters #9 – #10 – #11 – #12

9 3/22 (5) Level IV: Stroke Improvement
Homework: READINGS + Answer Text Chapter Questions
Chapters #9 – #10 – #11 – #12

10 3/29 (4) Level V: Stroke Refinement – Swimming longer distances (50 yards)
Alternate Breathing / sculling / Long shallow dive from side of pool
Breaststroke, Backstroke, Sidestroke, Butterfly, Freestyle, Elem Back
DUE/POST: Answer Text Chapter Questions 8 points
Chapters #9 – #10 – #11 – #12

11 4/05 (4) Level V: Stroke Refinement
Discuss: Skills Paper Topics
Assigned Individually by Instructor

12 4/12 (4) Level V: Stroke Refinement
Review: Relays / Wrap Up
Homework: Skills Paper + w/ reading swim articles

13 4/19 (4) Review: Relays / Wrap Up
DUE/POST: Present paper to the class 15 points
POST: Skills Paper + swim articles

14 4/26 (4) Review: Relays / Wrap Up
DUE/POST: Present paper to the class
POST: Skills Paper + swim articles

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

1. GMU Policies and Resources for students

Policies

- a. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- c. 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.
- d. 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>).
- e. Students must silence all 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. **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](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason’s Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing titleix@gmu.edu.
3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.



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.

Home Pool Safety: brief video

www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/home-pool-safety

Reach or Throw, Don't Go: brief video

www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety