

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 2021

Mondays 12:00 – 1:15 GMU Aquatic & Fitness Center – Fairfax Campus

Dates: 8/23 – 12/15

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

Prerequisites/Co-requisites:

Recommended pre-requisite RECR 162: Swimming: Beginning **or** Permission of Instructor

- *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 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:

- Adult learners swim at various levels, and are grouped & taught in these similar skill levels.
 - More advanced skills are grouped together and perhaps given more endurance Level 3 activities.
1. Follows: The American Red Cross **Adult Level 2 – Improving Skills and Swimming Strokes:** to gain proficiency, build on your basic aquatic skills, and swim the six swim strokes more efficiently.
 2. By the end of RECR163: you will have successfully completed all skills in ARC Adult Level 2, and some skills in **Adult Level 3 – Swimming for Fitness:** Refine your 6 swim strokes & build endurance
 3. Basic skills: Reviewed and minimum criteria met before hopefully moving to more advanced skills.
 4. Video Viewing: ARC and You Tube stroke and dive videos assist with your skills and learning.
 5. Course contains: Demonstrations, Practice, Video Viewing, Text Readings and Question Responses.
 6. For learning goals & outcomes: Practice, complete assignments and reflect on your efforts.

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 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.

Required Text & Materials / Equipment:

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

Materials: Swim goggles, towel, possibly cap for long hair, possibly Kickboard (swim lesson device)

Safe Return to Campus Check: <https://www2.gmu.edu/mason-covid-health-check>

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

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: **REQUIRED** to wear appropriate swim goggles **each** swim session
 - 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 instructor ASAP

Professional Standards: AMERICAN RED CROSS (ARC) STANDARDS:

1. Course record forms are occasionally submitted to the American Red Cross.
2. Skills are observed for satisfactory proficiency. Minimum criteria met before learning advanced skills.
3. **Adult Swim Level 2:** 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
4. Flexibility for student abilities in swimming strokes and skills are applied.

GRADING: Course Performance Evaluation Weighting

- Assignments & In-Water Participation: Submit all assignments on time as listed in course schedule
- Based on accumulation of available points **TOTAL POINTS AVAILABLE: 100 points**

1. Text Questions (REQUIRED) **25% of points** **25 points**

- Read assigned chapters in textbook – answer questions at the back of each chapter

Format: Answers can be arranged in bullet format (no hand-written submissions)

- SUBMIT on Blackboard ... OR ... print and submit in hard copy as scheduled

2. Swim stroke / mechanics report (REQUIRED) **15% of points** **15 points**

a. READ: 2-3 swim articles relating to a **skill / technique** used in a swim stroke (not the history)

b. SUMMARIZE the articles ... THEN ... WRITE a summarized report of the skills learned

Part #1: Write an overview / summary of the skills article

Part #2: What you learned most about the skills and or mechanics from the articles

c. WORKS CITED: Add article internet sites to the end of the paper using APA or MLA style

d. LOGISTICS:

- TYPED: 2-page (approximately 350-400 word) report on a swim stroke skill /technique
- Topic is decided in class w/ the swimmer.
- 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 at the end).
- Sometimes the report is shared as an informal presentation using an “on-deck” presentation.
- **Post** report on Blackboard ... OR ...
- Submit hard copy + works cited references to the instructor – as scheduled – in class.

e. Suggestions: <https://www.swimmingworldmagazine.com>; <https://www.usms.org>; www.usadiver.com;
<https://www.swimmingscience.net>; <https://swimswam.com>;
<https://www.liveabout.com/swimming-4688030>; <https://www.usaswimming.org/>

f. Sample papers are available for student viewing @ the beginning of the semester.

PARTICIPATION and effort in all aquatic and safety skills: **60% of points** **60 points**

1. **Effort:** is the improved demonstration and completion of skills

- A participation course builds on the skills learned in previous class sessions
- Abilities of each student are taken into consideration
- *Points are not guaranteed over the term, skills / techniques are observed for improvements.*

2. **Effort Participation Points:** 4 – 6 participation points awarded each session for swim / skills effort.

- FULL participation: Expected in all class sessions for all class activities.
Expected (to pass the class) ... *even if you exceed the criteria*
- PARTIAL POINTS: Possible for ... late / tardy arrivals and early departures
- IMPROVEMENT: Expectation is to *practice* weekly for successful improvement
- MAKE-UP sessions: Possible ... however ... none are currently scheduled

3. **Minor Health Issues:** Attend & Observe ... try to ... attend and observe.

- Students attending class but not participating are awarded **½ of the daily session points**

4. **INJURY:** If an injury prevents FULL participation up to 2 (two) class sessions, instructor will ...

- Assist w/ problem solving alternatives, e.g. dropping the course, taking an incomplete

Extra Participation Points Possibility: (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 each entry
 - b. CONTENT: Make skill/technique observations, yardage completed, improvements to be made
2. GMU Intercollegiate Swim Meet:
 - a. Inform instructor of date/time. Attend for 1.5 hours (free admission). Get a printed program
 - b. Type/submit: 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.

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	8/23	(4)	VIA ZOOM: Welcome – Meet & Greet – Review of Syllabus / Course / Text VIEW: Video Discuss: Pool Facility – Policies – Procedures – View Facility Video: Possibility of reviewing stroke videos
2	8/30	(4)	Screening: Swim strokes – 25 yards front crawl – back crawl – deep water Level III: Stroke Development Front glide / Front crawl + Back glide / Backstroke + Flutter kicking Begin Butterfly kick + arm stroke Homework: View Video – Freestyle / Backstroke Stroke Instruction https://www.youtube.com/watch?v=ud0DY0LF_qw
3	9/06	Labor Day – no class	
4	9/13	(4)	Level III: Stroke Development Individual medley intro: Butterfly, Backstroke, Breaststroke, Freestyle Homework: READINGS + Answer Text Chapter Questions Chapters #1 – #2 – #3 – #4
5	9/20	(4)	Level IV: Stroke Improvement – Increase distance swimming

Front Crawl, Elem Back, Backstroke, Breaststroke, Sidestroke, Fly

Homework: READINGS + Answer Text Chapter Questions

Chapters #1 – #2 – #3 – #4

VIEW: Swimming Freestyle

<https://www.youtube.com/watch?v=aCd0uxcAbu8>

<https://www.youtube.com/watch?v=ixHllrTpf04>

6 9/27

(4)

Level IV: Stroke Improvement

DUE/POST: Answer Text Chapter Questions

8 points

Chapters #1 – #2 – #3 – #4

7 10/04

(5)

Level IV: Stroke Improvement

Open turns / Front & Back / Flip turns

Homework: READINGS + Answer Text Chapter Questions

Chapters #5 – #6 – #7 – #8

VIEW: Stroke Videos

8 10/11

(5)

Class Day: Tuesday October 12

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

9 10/18

(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

10 10/25

(5)

Level IV: Stroke Improvement

Homework: READINGS + Answer Text Chapter Questions

Chapters #9 – #10 – #11 – #12

11 11/01

(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

12	11/08	(4)	Level V: Discuss:	Stroke Refinement Skills Paper Topics Assigned Individually by Instructor	
13	11/15	(4)	Level V: Review: Homework:	Stroke Refinement Relays / Wrap Up Skills Paper + w/ reading swim articles	
14	11/22	(4)	Review: DUE/POST:	Relays / Wrap Up Present paper to the class POST: Skills Paper + swim articles	15 points
15	11/29	(4)	Review: DUE/POST:	Relays / Wrap Up Present paper to the class POST: Skills Paper + swim articles	



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>

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 <https://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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices 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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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 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 <https://cehd.gmu.edu/students/> .