

GEORGE MASON UNIVERSITY
Department of Health, Fitness and Recreation Resources
PHED 110: Beginning Swimming (1)
Spring 2013

DAY/TIME: Mon./Wed 12:00-1:15
Mon./Wed 1:30-2:35
PROFESSOR: Kim Resnick
OFFICE: Freedom Center
OFFICE PHONE: 703/ 993-8511

LOCATION: Freedom Fitness and
Aquatic Center
E-MAIL: kresnick@gmu.edu
OFFICE HRS: Mon/Wed 11:00 – 4:00

COURSE DESCRIPTION:

The course is designed to develop a knowledge base and basic swimming skills for the weak and non-swimmer and to make them water safe. These skills include, but are not limited to, locomotion and propulsive movements in a prone and supine position, breath control, rhythmic breathing, and beginning diving techniques; personal safety and rescue skills to maintain a water-safe environment.

PREREQUISITES: None

COURSE OBJECTIVES:

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

1. Demonstrate the two basic propulsive positions.
2. Demonstrate submerging and retrieving an object in chest-deep water.
3. Demonstrate basic beginner swimming skills: front crawl, elementary backstroke, floats, and glides.
4. Complete approximately one length, 25 yards, of the pool using a prone swimming stroke.
5. Complete approximately one length, 25 yards, demonstrating changing positions from the prone to supine.
6. Demonstrate beginning diving techniques from the side of the pool.
7. Demonstrate a pool-side rescue without entering the water.
8. Demonstrate and explain personal safety and survival floating in deep water.

COURSE CONTENT:

1. This course follows the American Red Cross Skills Curriculum:
 - a. Water Exploration
 - b. Primary Skills
 - c. Stroke Readiness
2. These include:
 - Water Adjustment and Breath Control
 - Water Entry and Exit
 - Prone and Supine Buoyancy
 - Personal Safety and Rescue
 - Stroke Mechanics and Coordination of Front Crawl and Back Crawl
 - Introduction to Elementary Backstroke, Sidestroke and Breaststroke
 - Beginning Diving Techniques
3. Beginning aquatic skills are reviewed and minimum criteria met before moving to more advanced skills.
4. Viewing the ARC swimming stroke and diving video will be used to assist with learning.

CLASS REQUIREMENTS:

1. Attend class ready to swim each session, wearing an appropriate swim suit and goggles.
2. Suit up before class begins, and be sure to shower.
3. Attention is expected during class discussion, in-water practice sessions, and video viewing.
4. No gum chewing is permitted while swimming.
5. Students with long hair must wear a swim cap, or tie long hair securely.
6. Worksheets and/ or swimming mechanics report must be completed and submitted on time.

GMU METHOD OF EVALUATION:

1. Grading is based on accumulation of 100 available points:
 - a. There will be a 25 point written examinations in this course. 25 points
 - b. Participation, effort, improvement 55 points
 - c. Completion of 2 written assignments : 20 points
 - Each session of participation is awarded points.
 - A student acquires 5 points for each swim session.
2. The final grade is based on the following 100 % point grading scale:

90 - 100 = A	80 - 90 = B	70 - 80 = C	65 - 70 = D	Below 65 = F
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PARTICIPATION AND COURSE GUIDELINES:

1. This is a participation course.
 - a. Opportunities to participate are given to each student with instructor observation of skill proficiency.
 - b. Participation in all class sessions and activities is encouraged for maximum success.
 - c. Each class builds on the skills learned in the previous session.
 - d. Attend and observe, even if experiencing dental, transportation, housing or minor health problems.
 - e. Exceptions for absences will be given consideration, if the student has a well-documented medical excuse with a physician's contact information available, or a previously discussed university sponsored function.
 - f. The course consists of demonstrations, discussions, videos, and some worksheets/ swimming mechanics report on a variety of aquatic skills.
 - g. There is no textbook,

UNIVERSITY POLICIES AND PROCEDURES:

1. This class adheres to all university policies regarding sexual harassment and equal opportunity.
 - a. This class follows all appropriate campus and university regulations.
 - b. The goal is to provide you with a safe, fair, and equitable learning environment.
2. To ensure students benefit from the learning environment, the instructor adjusts to specific needs.
 - a. If you are afflicted with a disability, please visit the Disabilities Services Office.
 - b. The instructor is notified the first two weeks of class, so that accommodations can be made.
3. Review the GMU Honor code in the GMU catalogue to maintain ethical standards.
4. Your responsibility is to check the GMU course listings for the last day to ADD / DROP a course.

COURSE SCHEDULE AND OUTLINE

This program is very individualized, as each students will come with different skills levels. This is a beginner swim class and will focus on water adjustment skills, water safety and the fundamental skills of swimming. **Attendance is Mandatory.** If 2 classes are missed your grade will be lowered 1 full grade. If 1 class is missed you may hand in a 1 page paper on a topic I assign.

Day 1

Introductions, self-assessment, goals, tour of pool, review of swim levels, class expectations, water entry & exit, and instructor assessment of students. **12 minute Cooper test.**

Day 2 & Day 3 Pool closed 2 written assignments, given out on Day 1

View "Swimming & Diving Skills", **Front Crawl & Backstroke** segment. Discuss the assignments handed out on the first day of class. Work in the water.

Day 4

View "Swimming & Diving Skills", **Breaststroke & Butterfly** segment. Discuss the mechanics of the stroke and practice in water. Review skills in water.

Day 5

Work with a **water** instructor and participate in a shallow water aerobic class and a deep water aerobic class. Review skills all skills learned to date.

Day 6

View "Swimming & Diving Skills", **Sidestroke** segment. Discuss the mechanics of the stroke and practice in water. Review skills above in water. Work on endurance, tread water & float for 3 minute.

Day 7

View "Swimming & Diving Skills", **Elementary Backstroke** segment. Discuss the mechanics of the stroke and practice in water. Work on endurance, tread water & float for 3 minute.

Day 8

View "Swimming & Diving Skills", **Flip turns & touch turn** segment. Discuss the mechanics of the turns and practice in water. Review skills above in water. Work on endurance, tread water & float for 4 minutes.

Day 9

View "Swimming & Diving Skills", **Diving** segment. Discuss the mechanics of diving and practice in water. Work on endurance, tread water & float for 4 minutes.

Day 10

View "Lifeguard" video, **Entries & Approaches** segment. Practice in water. Work on endurance, tread water & float for 4 minutes.

Day 11

Day 12

Work on endurance, tread water & float for 5 minutes each. Practice all of the 4 main strokes.

Day 13-14

Work on endurance, tread water & float for 7-10 minutes each. Practice all of the 4 main strokes.

12 minute Cooper test

For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See [http:// oai.gmu.edu/honor-code/](http://oai.gmu.edu/honor-code/)]
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University 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, please 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.

