

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
Physical Activity and Sports Program
PHED 150 (5P1): Intermediate Swimming (1)
SPRING 2011

PROFESSOR:	S. Tomasovic	OFFICE:	Science & Tech II #225
DAY/TIME:	Monday 12:00 – 1:15	OFFICE HOURS:	Tue / Thr 3 – 4:30 p.m.
LOCATION:	GMU Aquatic Center	E-MAIL:	stomasov@gmu.edu
		OFFICE PHONE:	703-993-1098

COURSE DESCRIPTION:

A course designed to build on the 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, water safety skills, and aquatic safety.

PREREQUISITES:

1. Demonstrate comfort on top of the water and under the water.
2. Jump into deep water from the side of a pool.
3. Float and glide in prone position.
4. Float and glide in the supine position.
5. Demonstrate knowledge of and swim front crawl for approximately 25 yards.
6. Demonstrate knowledge of and swim back crawl for approximately 25 yards.
7. Demonstrate knowledge of and swim elementary backstroke for approximately 15 yards:

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

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 length, 25 yards.
3. Demonstrate a coordinated elementary backstroke for approximately one pool length, 25 yards.
4. Demonstrate a coordinated sidestroke for approximately one pool length, 25 yards.
5. Demonstrate a coordinated breaststroke for approximately 25 yards.
6. Demonstrate beginning butterfly techniques for approximately 25 yards.
7. Explain and demonstrate personal safety & 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.

TEXT / REQUIRED READINGS:

Messner, Yvonne. Swimming Everyone. 3rd ed. Winston-Salem: Hunter Textbooks, 2009.

COURSE CONTENT:

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.
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.
3. Beginning aquatic and safety skills are reviewed, & minimum criteria met before moving to advanced skills.
4. Viewing the ARC swimming stroke and diving video assists with learning.
5. The course consists of demonstrations, discussions, video viewing, text chapter questions, and a report.
6. Practice, text assignments and reflection on your efforts assist your learning goals and outcomes.

AMERICAN RED CROSS (ARC) STANDARDS and EVALUATION:

- Course record forms are sometimes submitted to the American Red Cross.

IN-CLASS REQUIREMENTS:

1. Attend class ready to swim each session, wearing an appropriate swim suit.
2. Suit up before class begins, and be sure to shower.
3. Wear appropriate swim goggles (your equipment) at each session.
 - Students will not be permitted to swim, if goggles are not worn.
 - University Mall (SUITUP LLC) or any sporting goods stores (Sports Authority) that carry goggles, etc.
4. Students with long hair are **REQUIRED** to wear a swim cap, or tie the hair very securely every class session.
5. No gum chewing is permitted while swimming for safety.
6. Attention is expected during class discussion, in-water practice sessions, and video viewing.
7. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.

PARTICIPATION AND COURSE GUIDELINES:

1. This is a participation course, and participation is expected in all class activities.
 - a. Each class builds on the skills learned in the previous session.
 - b. Participation in all sessions is encouraged for maximum success.
2. Points are awarded for satisfactory completion of each participatory class session.
 - a. Attend and observe, even if experiencing dental, transportation, housing or minor health problems.
 - b. Exceptions for absences will be given consideration, if the student has a well-documented medical excuse with a physician's contact information, or a previously discussed university sponsored function.
 - c. **PARTIAL** points are earned for partial participation, for example, late arrivals and early departures.
3. If you have an injury or incur one during the course that prevents full participation up to two class sessions, you will be asked to drop the course. Consider taking the class at another time.
4. Class consists of demonstrations, discussions, videos, worksheets, and a swim skill / mechanics report.
5. For improvement, a student is expected to *practice* each week approximately *one to two hours outside of class*.
6. *Even if you exceed the criteria* to pass the class, **FULL** participation is expected for every student.

GRADING POLICY & METHOD OF EVALUATION:

1. Grading is based on accumulation of 100 available points:

a. Questions from the text / Take Home Exam (REQUIRED):	10% of points	10 points
b. Swim stroke /mechanics report (REQUIRED):	10% of points	10 points
c. Participation and effort in all aquatic and safety skills:	40% of points	40 points
d. Demonstration/improvement/completion of all skills:	40% of points	40 points

 - Students are awarded approximately 6-7 points for each class session of participation and swimming.
 - Each student's abilities are taken into consideration.
 - Students that do not participate, but attend class and observe, are awarded 3 points for the session.
2. To pass the class, *the paper* and *all questions* from the text chapters must be submitted.
3. A report on swimming skills / mechanics must be *submitted in paper form* to the instructor on schedule.
4. There is a take home exam (text questions) in this class.
5. Sometimes extra credit is awarded for those students wanting to attend a GMU intercollegiate swim meet.
6. The participation part of this course consists of instructor observation of improvements during the semester and satisfactory performance, demonstration and completion of course objectives, including: mechanics and skills in freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, butterfly, dives, turns & water safety.

GRADING SCALE: *The final grade is based on the following 100 % point grading scale:*

93 - 100 = A	77 - 79 = C+
90 - 92 = A-	73 - 76 = C
87 - 89 = B +	70 - 72 = C-
83 - 86 = B	60 - 69 = D
80 - 82 = B-	0 - 59 = F

TEXT QUESTIONS / TAKE-HOME EXAM: (REQUIRED w/out exception)

1. Answer the questions from the back of each assigned chapter thoroughly (see course schedule).
2. Answers are TYPED and can be arranged in bulleted format. (No hand written submissions will be accepted.)
3. A penalty of -5 for each class session late. There are NO electronically transmitted questions!

WRITTEN STROKE REPORT: (REQUIRED w/out exception)

1. Type/ word process a two page report (300 – 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 is expected using APA or MLA guidelines w/ works cited at the end of the report.
2. *Print out* the entire article / articles from the book, magazine, or internet site.
 - Attach it to the back of the report.
 - Attach the works cited.
3. *Print out* the paper in hard copy and submit in class only. No submissions via e-mail.
4. Popular research sites: www.ehow.com, www.swim-city.com, <http://en.wikipedia.org>, <http://findarticles.com>, www.specialolympics.org, <http://swimming.about.com>, www.breaststroke.info, www.usadiver.com, www.coachscope.com, www.csi.org, www.swimmingworldmagazine.com, www.swiminfo.com, <http://sportsci.org>, www.gatorswimteam.org, www.coachesinfo.com, www.humankinetics.org, www.spma.net
5. Sample papers are available for student viewing @ the beginning of the semester.
6. Sometimes the report is shared as an informal presentation using an “on-deck” style of explanation.

PERSONAL JOURNAL WRITING: (Optional – Weekly Extra Credit)

1. After each class type a journal entry as a response to your swimming experience & submit the next session.
2. Write at least 250 words for your responses. SECTIONALIZE each response in the following format.
 - a. State the swim stroke techniques and skills discussed and accomplished in each class.
 - b. Reflect on how well you accomplished the swim session & the amount of yards completed (refer to text).
 - c. Reflect on instructor suggestions for improvement, either student specific or general.

UNIVERSITY POLICIES AND PROCEDURES:

1. This class adheres to all university policies and appropriate GMU policies and regulations.
 - a. All policies regarding sexual harassment and equal opportunity are followed.
 - b. The goal is to provide you with a safe, fair, and equitable learning environment.
2. GMU Honor Code: <http://www.gmu.edu/catalog/apolicies/#Anchor12> All students are held to GMU standards
3. GMU Policy: Sound emitting devices shall be turned off during class unless otherwise authorized by professor
4. All communication from the GMU, college, school, and program will be sent to through Mason e-mail. Students must activate their account and are responsible for the communication content sent to Mason e-mail.
5. Office of Disability Services (ODS): <http://ods.gmu.edu> Notify instructor in writing at beginning of semester.
6. Counseling and Psychological Services (CAPS): <http://caps.gmu.edu> Offers a wide range of services.
 - a. The Center is staffed by professional counseling and clinical psychologists, social workers and counselors.
 - b. The Center offers individual and group counseling, workshops and outreach programs
7. School of Recreation, Health, and Tourism: <http://rht.gmu.edu> visit the website for additional information

PHED 150: INTERMEDIATE SWIMMING COURSE SCHEDULE

<u>Dates</u>	<u>Points</u>	<u>Topics (subject to change)</u>	<u>SPRING 2011</u>
1/24	(6)	Meet in AQ 112 – Syllabus review / View Stroke Video & Water Safety <ul style="list-style-type: none">• Intro to pool & in-water stroke screening – Bring suit, goggles, towel	
1/31	(6)	Level III: Stroke Development (View Stroke Video @ Poolside) <ul style="list-style-type: none">• Jump into deep water + deep water survival float + back float• Dive from side of pool from a kneeling position• Front glide + Back glide• Front crawl (Freestyle) + Flutter kick• Back crawl (Backstroke) + Backstroke kick• Butterfly kick	
2/07	(6)	<i>SUBMIT: Answers to text chapters #1 - #4</i> Level III: Stroke Development (View Stroke Video @ Poolside)	
2/14	(6)	<i>SUBMIT: Answers to text chapters #5 - #8</i> Level IV: Stroke Improvement (View Stroke Video @ Poolside) <ul style="list-style-type: none">• Dive from the side of the pool from stride and standing position.• Swim underwater / Breath control• Open turns / Front & back / Introduction to flip turns• Treading water• Elementary Backstroke• Kicking - Breaststroke, Butterfly, and Sidestroke	
2/21	(7)	<i>SUBMIT: Answers to text chapters #9 - #12</i> Level IV: Stroke Improvement (View Stroke Video @ Poolside)	
2/28	(7)	Level IV: Stroke Improvement	
3/07	(7)	Level IV: Stroke Improvement	
SPRING BREAK			
3/21	(7)	Level IV: Stroke Improvement	
3/28	(7)	<i>SUBMIT: Hard copy - final paper + copy of swim articles</i> Level V: Stroke Refinement <ul style="list-style-type: none">• Alternate breathing• Long shallow dive• Jump from the diving board• Refine Breaststroke, Sidestroke, Elementary Backstroke, Butterfly• Refine Front Crawl (Freestyle) , Back Crawl (Backstroke)• Pike, Tuck, and Feet-first surface dive / Retrieve an object	
4/04	(7)	Level V: Stroke Refinement	
4/11	(7)	Level V: Stroke Refinement	
4/18	(7)	Level V: Stroke Refinement - Review – Relays – Aquatic Games	
4/25 & 5/02		Wrap up swim sessions - Review – Relays – Aquatic Games	



- ❖ All students are held to the standards of the George Mason University Honor Code. [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor.
- ❖ All communication from the university, college, school and program will be sent to students through their Mason email account only. Students are responsible for the content of university communication sent to their Mason email account and are required to activate their account and check it regularly.
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester. [See <http://ods.gmu.edu>]
- ❖ Counseling and Psychological Services (CAPS) offers a wide range of services to students that are provided by a staff of professional counseling and clinical psychologists, social workers, and counselors. The Center provides individual and group counseling, workshops and outreach programs -- experiences to enhance a student's personal experience and academic performance. [See <http://caps.gmu.edu>]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>.