

# Beginning Swimming

PENP 101-501, 1<sup>st</sup> 8 week course, Jan 15, 2018 – Mar 10, 2018

TTH, 9:30am-10:45, Belen High School Natatorium

Instructor: Alex Flores

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## Course Description:

This course is designed for the beginning swimmer who can move in shallow water, but has little skill in rhythmic breathing while face is in water. The course is designed to focus on beginning techniques of swimming and instruct the student in the basic skills necessary to enable him/her to swim safely in deep water using a variety of swimming strokes, and introduce students to stroke/kick technique aides and equipment. There are no prerequisites for the course.

## Required Texts/Readings:

There is no required textbook for this class. Readings, websites, videos will be distributed/assigned in class.

## Required Equipment, Dress and Attire:

Students shall wear appropriate swim wear (absolutely no cut-off shorts or T-shirts) to every class session. The purchase and use of good fitting swim goggles is strongly recommended.

**Men:** Board shorts, swim trunks, drag shorts, or jammers are acceptable. Speedos and athletic shorts not made for swimming are not acceptable.

**Women:** Modest one-piece swimsuits are required. Two-piece swimsuits of any kind are not acceptable.

Students may wear swim shirts if tight. Students who are not dressed in appropriate swim attire cannot participate in class and counted as absent.

## Course Learning Objectives and Content:

Upon successful completion of the course, each student will be able to demonstrate the following motor skills in the water:

Water confidence and personal water safety skills and survival swimming, an understanding of the physiological and hydrodynamic principles involved in swimming, turning from front to back, floating, streamline off walls, sculling, kicking, basic freestyle with consistent rhythmic breathing, backstroke, elementary backstroke and sidestroke, treading water, surface dives (performed in deep pool) open turns and underwater swimming.

## Grading Policy:

|  |            |
|--|------------|
| Active Class Participation/Attendance . . . . .    | 40%        |
| Written, Reading Assignments . . . . .             | 30%        |
| Swimming Skill Development and Improvement . . . . | <u>30%</u> |
|  | 100%       |

| Points          | Course Grade Assigned |
|-----------------|-----------------------|
| 98-100          | A+                    |
| 93-97.99        | A                     |
| 90-92.99        | A-                    |
| 88-89.99        | B+                    |
| 85-87.99        | B                     |
| 80-84.99        | B-                    |
| 78-79.99        | C+                    |
| 75-77.99        | C                     |
| 70-74.99        | C-                    |
| 68-69.99        | D+                    |
| 65-67.99        | D                     |
| 60-64.99        | D-                    |
| 59.99 and lower | F                     |

## **Description of Assignments and Evaluation Components**

### **Active Class Participation/Attendance 40%**

This portion of the grade will be assessed by students actively participating in each class session. Students are expected to participate fully in all class sessions, this means actively participating in the water, and attempting all activities. Students will receive a maximum of 2.5 points for participation in each class session (maximum total of 40 points).

NOTE: If you are not in class to interact or participate, it will be difficult to achieve points in this area. If you are away from class with an extended documented excuse e.g. medical certificate, jury duty, please notify instructor.

### **Class Assignments [Readings, websites, videos] 30%**

Assignments will be relative to swimming technique, nutrition and fitness lifestyle. Short one page reaction papers when assigned, no worries.

### **Swimming Skill Development and Improvement 30%**

Enjoyment and improvement in this class depends upon 100% effort, every day in the pool. A grade will be given by the instructor related to each student's improvement over the semester, as evidenced by video and skill development. Students will be assessed 3 points for each of the following skills:

- Rhythmic consistent and tranquil breathing
- Sculling/ flutter kick on the back (25 yards).
- A survival stroke –elementary backstroke or sidestroke (25 yards)
- Freestyle (25 yards)
- Sidestroke (25yards)
- Feet First Entry into the deep end and moving to a safe area
- Survival Floating – 1 minute in deep water
- Turning Front to Back
- Picking up an Object from deep water
- Swimming Under Water 15yds

## **Classroom Protocol**

Students are strongly encouraged to attend and participate in all class sessions. Regular attendance reflects a commitment to your activity and fitness. Students shall be excused from class or other scheduled academic activity to observe a religious holy day of their faith with prior written notification via email to the instructor.

- Punctuality: Class swimming activity begins promptly at 9:30am
- Please be on the pool deck, READY to participate at 9:30am**
- The pool deck activity or classroom activity will ALWAYS take place first thing, BEFORE the in-water portion; you may want to bring something warm to wear whilst on the pool deck.
- Students will be dismissed from the water at 10:45am.
- You may bring a PLASTIC water bottle onto the pool deck for hydration.
- Students are expected to participate fully in all class sessions, this means actively participating in the water, and attempting all activities. If you are not in class to interact or participate it will be difficult to achieve points in this area.

## **Communication**

E-mail correspondence will occur throughout the semester. It is the student's responsibility to check their University email address for announcements, assignments, and other important class information. If at any time you feel the need for help, information concerning the course, and/or your standing (grade, attendance, etc.) in the course, contact me via email or cell phone.

## **Academic Dishonesty–Section 4.8:**

"Academic dishonesty" includes, but is not limited to, dishonesty in quizzes, tests, or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; misrepresenting academic or professional qualifications within or without the University; and nondisclosure or misrepresentation in filling out applications or other University records.

## **Special Assistance:**

Students with disabilities:

Qualified students with disabilities needing accommodations should notify their academic advisor located at Student Services early each semester for a referral at 925-8560. If you are a student with an identified disability, please notify me of your special needs as soon as possible.

## **EQUAL OPPORTUNITY AND NON-DISCRIMINATION:**

In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered “responsible employees” by the Department of Education (see page 15 – <http://www2.ed.gov/about/offices/list/ocr/docs/qa-201404-title-ix.pdf>). This designation requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the Office of Equal Opportunity ([oeo.unm.edu](http://oeo.unm.edu)). For more information on the campus policy regarding sexual misconduct, see: <https://policy.unm.edu/university-policies/2000/2740.html>.