

Texas A&M University–Commerce
FITNESS AND RECREATIONAL ACTIVITY
FRA 110.001 BEGINNING SWIMMING
SUMMER II 2014

COURSE TIME: MW 11:00–12:50 a.m.

COURSE LOCATION: MRC POOL

INSTRUCTOR: Ruth Beelitz, MS, CI–CPT

E–MAIL: ruth.beelitz@tamuc.edu

OFFICE NUMBER: 903–468–8126

OFFICE HOURS: By Appointment Only

OFFICE LOCATION: Field House 212

MATERIALS: Students will need a notebook and pen/pencil for note taking.

PLEASE BRING A **PEN/PENCIL** TO CLASS EVERYDAY AS WELL AS A BOTTLE OF WATER AND SUNSCREEN!

ATTIRE: Students must wear swimwear that meet the following qualifications and requirements. **MALE:** must wear swim trunks (with net) or Speedo jammers, not basketball shorts. Shorts must have a drawstring and must be tied tightly. No Speedo brief swimwear will be permitted. **FEMALE:** must wear either one piece swimwear or sport two–piece. Straps must cross in the back in order to prevent falling off shoulders. One and two–piece swim bottoms and tops must be full coverage. No triangle tops, string bikini, bandeau, plunging neck–line, etc will be permitted. Swimwear must not need to be tied. **ALL:** No t–shirts or shorts worn over swimwear will be allowed. Rash guards **ONLY**. Goggles and swim caps are permitted. No sunglasses or water shoes.

CLASS DESCRIPTION: This course is designed to teach each individual an understanding of the proper technique to perform three major swim strokes (freestyle, breaststroke and back stroke) correctly and efficiently.

OBJECTIVES:

Students will...

- *learn vocabulary for three major swim strokes.
- *learn and understand proper technique for three major swim strokes.
- * learn and understand how to perform freestyle, breaststroke and backstroke correctly.
- * answer written test questions pertaining to technique, performance and specific vocabulary for three major strokes.
- *feel confident in performance of freestyle, breaststroke and back stroke.
- *have fun and meet new people!

EVALUATION:

Final Exam	20%
Mid-term Exam	20%
Quizzes (2)	20%
Freestyle Performance	10%
Breaststroke Performance	10%
Back Stroke Performance	10%
<u>Exercise Journal</u>	<u>10%</u>
Total	100%

GRADING POLICY. At the end of the semester, I will assign your earned letter grade according to the schedule below:

A- 90 and above

B- 80-89.9

C-70-79.9

D- 60-69.9

F- 59.9 and below

NOTHING can be done to change your final grade once it is assigned. (No extra credit, extra assignments, retaking tests, etc.) Multiple opportunities are given to students to earn their course grade, and I suggest that YOU take advantage of every opportunity to make the highest grade possible. In other words, attend class EVERY DAY and do the EXTRA CREDIT!

Bonus points will be awarded for the following events.

- Students will be emailed about various extra credit opportunities such as fitness classes and guest speakers. For each of these attended, one point extra credit may be earned. If a fitness class that is offered as extra credit is attended, students will submit a one page TYPED document including the following information.

- *Student Name & Date of the class attended

- *Name of the Facility offering the class

- *Location & Contact information for the Facility

- *Name of Instructor

- *Name of Class

- *Brief description of the class

ONLY FITNESS CLASSES OFFERED AS EXTRA CREDIT BY THE INSTRUCTOR WILL BE CONSIDERED EXTRA CREDIT.

- One point may be earned for 5K fun run/walk in which you participate. You must show me your race number, and your time as posted on the internet. The 5K must be done during the semester. This information can be submitted in an email. A photo of your number must be attached to the email and a link to the posted time on the internet.
- A maximum of 5 points extra credit can be earned.
- The LAST day to turn in any extra credit is June 30th at the **beginning of class**.

NO EXCEPTIONS!

I may provide more extra credit options during the semester.

FINAL/MID-TERM EXAMS (20% each). Test will consist of multiple-choice, true/false, and matching. You will need a (green) Scantron 882-ES and a pencil. If you cannot take the exam due to illness, injury, or family emergency, **the instructor must be notified prior to the exam.** Students will be required to present appropriate documentation for missing a scheduled exam.

QUIZZES (20%): If you know that you will not be in class that day, it is your responsibility to make arrangements to take the quiz **before the quiz date.** If you are absent, it must be a university excused absence in order for it to be made up and documentation must be submitted to me within one week of the absence.

STROKE PERFORMANCE (10% each). Students will be required to swim a predetermined distance of each stroke at the end of the semester. Students will demonstrate proper technique and show at least moderate improvement of each stroke. The required distance for each student will be determined by the instructor.

EXERCISE JOURNAL (10%), Students will keep an exercise journal for 2 weeks. Additional information regarding the requirements for the journal will be outlined in a handout and reviewed in class. Students will document how they were able to achieve the ACSM recommended weekly total of 150 minutes of physical activity or more. Students will be required to incorporate at least 60 minutes of swimming (*freestyle, breaststroke and back stroke*) into weekly totals of physical activity.

CLASS ATTENDANCE. Class attendance is expected. For each unexcused absence, 3 points will be deducted from your final grade. One point will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes the student will be considered absent. Leaving class early or not participating will be treated as an absence or tardy. Excused absences are defined by university policy (see below) and must be documented appropriately **WITHIN ONE WEEK** of the absence. (I need a copy of the documentation that I can keep.)

This schedule is tentative and is subject to change at my discretion.

<i>DATE</i>	<i>IN-CLASS ACTIVITY</i>	<i>DUE TODAY</i>
7/7	Intro to class/Vocabulary/Components of Fitness	
7/9	Freestyle Technique/Freestyle Swim	
7/14	Freestyle Swim	<i>VOCABULARY QUIZ</i>
7/16	Breaststroke Technique/Breaststroke Swim	
7/21	Breaststroke Swim	<i>TECHNIQUE QUIZ</i>
7/23	Mid-term/Back Stroke Technique/Back Stroke Swim	<i>MID-TERM EXAM</i>
7/28	Back Stroke Swim	
7/30	Stroke Review	<i>EXERCISE JOURNAL DUE</i>
8/4	Stroke Performance Tests	<i>EXTRA CREDIT DUE</i>
8/6	FINAL EXAM	<i>FINAL EXAM</i>

If you miss a class, be sure you talk to someone in the class to find out about any announcements or changes.

STATEMENT ON STUDENT BEHAVIOR. All students enrolled in the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook). In addition, students are responsible for helping to maintain a clean and safe environment. Therefore, students will a) replace weights CORRECTLY, b) refrain from degrading, insulting, or rude language (all language should be G-rated), and c) treat other people and their property with respect. This is a zero-tolerance policy. If you do not comply, you will be asked to leave class and will be counted absent.

STUDENTS WITH DISABILITIES: The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, the legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Gee Library, Room 132

Phone (903) 886-5150 or (903) 886-5835

Fax: (903) 468-8148

StudentDisabilityServices@tamuc.edu

PLAGIARISM/ACADEMIC DISHONESTY: Plagiarism is copying another's work as your own without proper acknowledgement. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. Also, ignorance of the definition of plagiarism is also not an excuse and will result in the same consequences as for someone who is educated. Plagiarism is also not restricted to copying the writings of others, nor to stealing from established authors: it includes the ideas of your fellow students. If you plagiarize in this class (including cheating on tests) you will receive an automatic "F." If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.

COURSE POLICIES:

1. Students are expected to be in class, ready to participate, *on time*.
2. An "excused absence" is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.

If the absence is one of the reasons listed below, you will be able to make up the work. To reserve this right, you **MUST** provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.

*Participation in an activity appearing on the University's authorized activity list.

*Death or major illness in a student's immediate family.

*Illness of a dependent family member

*Participation in legal proceedings or administrative procedures that require a student's presence.

*Religious Holy Day

*Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician).

*Required participation in military duty

3. Any student *missing an exam or assignment* without prior arrangement will receive a *score of zero*.
4. You **MUST** check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me.
5. While you are in class, I expect you to participate. Do not come to class and expect to sit to the side. Workouts are designed so that everyone can participate. You must be on time. When you are late, it disrupts the flow of the class. While in class you must refrain from anything that is not class-related. **CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT. This is a zero-tolerance policy. (Thanks!) If you use a cell phone, iPod, etc in class (or if your phone rings), you will lose 3 points per incident (off your final grade). Turn it off!!**
6. **DUE DATES:** The due dates listed for assignments are the **LAST** chance to submit them. I **DO NOT** accept late assignments.
7. If you have a question or concern, **TALK** to me. I am here to help. Please feel free to e-mail me any time.

8. **NO PROFANITY.** No inappropriate or offensive language or gestures. No inappropriate or offensive clothing. This will not be tolerated and you will be asked to leave and it will be considered an unexcused absence for the day.

9. **KEEP HANDS AND ALL OTHER BODY PARTS TO YOURSELF.** Inappropriate touching to anyone of either same or opposite gender is prohibited. This type of behavior will not be tolerated and you will be asked to leave the class and it will be considered an unexcused absence for the day.