

**Fitness and Recreational Activity**  
FRA 110: Beginning Swimming, Fall 2012  
August 27- October 19, 2012

Class Meeting Time: Tuesday & Thursday 11:00 am – 12:15 pm  
Class Meeting Place: MRC 124/ Pool (You need your ID to enter.)  
Instructor: Lauren Rhodes  
E-mail: Lauren.Rhodes@tamuc.edu  
Office: Field House 214  
Office Phone: 468-8618  
Office hours: Monday-Thursday 1:00 – 3:00pm or by appointment

**Textbook (required): No text required. However, you will need a folder to keep your handouts in.**

**Attire:** Students must be dressed in appropriate athletic attire depending on the daily activities. Most days that will consist of a bathing suit and a towel. However, proper athletic attire consisting of tennis shoes must also be available due to the possibility of bad weather. Students not dressed appropriately will be considered absent. You are expected to be prepared for both types of activities every class day. Weather allowing, we will be swimming every day. **Your hair will get wet.** If you would like, you may choose to wear a swim cap.

**Class Description:** This class is designed to provide students with the opportunity to learn and improve individual swimming and water survival skills. The class will serve as an introduction to Red Cross swimming strokes.

**OBJECTIVES:**

1. Demonstrate a basic knowledge of aquatic terms.
2. Increase endurance and comfort in water.
3. Demonstrate proper stroke technique and form.
4. Participate in physical activity in each class to increase daily physical activity.
5. Have fun while learning more about fitness.

**Evaluation:**

Knowledge		
Test		20%
Outside of Class Experience		20%
Skills		
Technique Quiz		20%
Technique Demo		20%
Aquatic Vocabulary Quiz		20%

**My 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:

- a. One point may be earned for each Rec Center aerobic/workout class you attend. You must have the instructor sign a sheet of paper with your name, the date, the name of the class, etc. at the end of class. Show it to me immediately. You will only get credit one time for each *different* class you attend. (For one of them, you may attend the same class you attended for the outside-of class experience.) You MAY attend classes at another facility, but the same rules apply. To earn the extra credit, you must provide a piece of paper with your name, the date, time, name, and location of the class, the instructor's name, the phone number of the facility, and the instructor's signature. No exceptions.
- b. One point may be earned for 5K fun run/walk in which you participate. You must show me your race number, your t-shirt, and your time as posted on the internet. The 5K must be done during the semester.
- c. A maximum of 5 points extra credit may be earned.
- d. The LAST day to turn in any extra credit is October 11<sup>th</sup> at the beginning of class.  
NO EXCEPTIONS!
- e. I may provide more extra credit options during the semester.

### **WRITTEN TEST**

Your written test will be multiple-choice, true-false, and matching. It will have about 25 questions. 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. All make-up exams will be scheduled as the need arises.

### **OUTSIDE OF CLASS EXPERIENCE**

You are required to participate in ONE group exercise class that you have NEVER done before. (Attend a class at the Rec Center). You must attend the class and participate fully in it. Turn in 1) a cover sheet with your name, this course information, the name of the person who taught the class, the name of the class, the date and time you attended it; 2) a one-page summary of the class that addresses the following issues in bullet form: (Use complete sentences and be thorough but concise.)

- bpm of music used
- type of music used
- structure of class

- warm-up and cool-down
- muscular endurance work?
- flexibility work?
- unsafe movements?
- modifications provided or mentioned?
- intensity level?
- overall impression of instructor?
- volume/use of microphone and music
- your intention to return

This assignment is due at the beginning of class on the due date. Late assignments will not be accepted under any circumstances. I will accept this assignment early. When you have completed it, submit it to me.

### **AQUATIC VOCABULARY QUIZ**

The vocabulary quiz will test students' knowledge of aquatic and fitness vocabulary terms covered in the course. You will need to bring either a blue/black pen or pencil to class on the day of the quiz.

### **TECHNIQUE QUIZ**

Before class starts, I will perform several swim strokes. Students will be responsible for identifying the name of the stroke and any improper technique used. Be sure to bring a pencil, something hard to write on, and paper.

### **TECHNIQUE DEMONSTRATION**

Students will choose 2 of the swim strokes taught in class to swim for their technique demonstration. Students will need to be able to demonstrate basic technique understanding and explain the technique used for the strokes.

Class attendance is expected. For each unexcused absence, **6 points** will be deducted from the **final grade**. Two points will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes the student will be considered absent. Class assignments will not be accepted after the due date. 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).

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This schedule is tentative and is subject to change. I will let you know if the schedule changes!!

<b>Day</b>	<b>Date</b>	<b>In-class activity</b>	<b>Due today/graded activity</b>
T	August 28	Syllabus, intro to class	
R	August 30	Basic Terms, Floating & Flutter Kick	
T	September 4	Flutter Kick, Front Crawl	<b>Aquatic Vocab Quiz</b>
R	September 6	Front Crawl, Rotary Breathing	
T	September 11	Front Crawl, Rotary Breathing	
R	September 13	Front Crawl, Back Crawl	
T	September 18	Breast Stroke, Back Crawl	
R	September 20	Breast Stroke, Elementary Back Stroke	<b>Technique Quiz</b>
T	September 25	Breast Stroke, Elementary Back Stroke	

R	September 27	Breast Stroke, Elementary Back Stroke	<b>Outside of Class Experience</b>
T	October 2	Side Stroke	
R	October 4	Side Stroke	<b>Technique Demo</b>
T	October 9	Partner Relays	
R	October 11	Team Relays	<b>Extra Credit Due</b>
T	October 16	Circle Swim	
R	October 18	TBA	<b>Final Written Test</b>

This schedule may change. If you miss class, be sure you talk to someone in the class to find out about any announcement or changes.

### **Statement on Student Behavior**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook).

### **Academic Honesty Policy**

Texas A&M University-Commerce does not tolerate **plagiarism** and other forms of academic **dishonesty**. Conduct that violates generally accepted standards of academic honesty is defined as academic dishonesty. "Academic dishonesty" includes, but is not limited to, plagiarism (the appropriation or stealing of the ideas or words of another and passing them off as one's own), cheating on exams or other course assignments, collusion (the unauthorized collaboration with others in preparing course assignments), and abuse (destruction, defacing, or removal) of resource material. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. For more information, please go to <http://www.plagiarism.org/>. **If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.**

### **ADA statement**

Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, James Gee Library, Room 132, (903) 886-5150.

### **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 for 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 you're myLeo 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. Please put the course number and title as the subject in email correspondence.
  - 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 1 point 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. If you need to reach me and I am not in my office, e-mail me.