Texas A&M University–Commerce
FITNESS AND RECREATIONAL ACTIVITY
FRA 110.001 BEGINNING SWIMMING
SUMMER I 2015

COURSE TIME: MW 11:00–12:50 a.m.
COURSE LOCATION: MRC POOL (You will need ID to enter)

INSTRUCTOR: Ruth Beelitz, MS, CSCS, 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. No sports bra and bike shorts. 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 backstroke) correctly and efficiently.

PARTICIPATION. Students are expected to participate in class in order to receive credit for attendance. Each student is provided with a waiver that must be completed and returned to the instructor. This waiver states that the student is able to participate in physical activity and has no known medical reasons that should prevent safe participation. Any known medical concerns or conditions should be communicated to the instructor to ensure safe participation in physical activity. If special accommodations are needed please refer to the ADA statement in this syllabus, and contact Student Disability Resources and Services.

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.

Knowledge (70%)
- Final Exam 20%
- Vocabulary Quiz 20%
- Technique Quiz 20%
- Muscle Identification Quiz 10%

Skills (30%)
- Freestyle Performance 10%
- Breaststroke Performance 10%
- Backstroke Performance 10%

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!

EXTRA CREDIT OPPORTUNITIES.

Extra credit points will be awarded for the following events:

- One point may be earned for each Morris Recreation Center aerobic/workout class you attend. You must have the instructor sign an “8 ½ x 11” 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. 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.
- 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. 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 July 6th at the beginning of class.
NO EXCEPTIONS!
I may provide more extra credit options during the semester.

**FINAL EXAM.** Test will be comprehensive and consist of multiple-choice, true/false, and matching. You will need a (green/blue) 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.

**VOCABULARY QUIZ.** Students will have to match terms to the proper definition and demonstrate knowledge of commonly used terms related to swimming.

**TECHNIQUE QUIZ.** Students will have to identify proper technique for freestyle, breaststroke and backstroke.

**MUSCLE IDENTIFICATION QUIZ.** Students will have to identify and label major muscles and muscle groups.

If you know that you will not be in class on the day of the quiz, 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.** 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.

**CLASS ATTENDANCE.** Class attendance is expected. For each unexcused absence, 6 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. It is imperative that students are on time to class, as instructions are given for the day’s activity at the start of each class. Leaving class early or not participating will be treated as an absence. Class assignments will not be accepted after the due date. Each student will be responsible for signing in next to their name each class day. Attendance will be taken from the sign-in, therefore it is your responsibility to sign-in each day. You will not be allowed to sign-in for any other student, nor have anyone sign-in for you. 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 will let you know if the schedule changes! These changes will be sent via email. Make sure you check your email on a regular basis. If you miss class because of a failure to check email is not considered an excused absence.
<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>IN-CLASS ACTIVITY</th>
<th>DUE TODAY</th>
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</thead>
<tbody>
<tr>
<td>M</td>
<td>6/8</td>
<td>Intro to class/Vocabulary/Components of Fitness</td>
<td></td>
</tr>
<tr>
<td>W</td>
<td>6/10</td>
<td>Freestyle Technique/Freestyle Swim</td>
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<tr>
<td>M</td>
<td>6/15</td>
<td>Freestyle Swim</td>
<td>VOCABULARY QUIZ</td>
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<tr>
<td>W</td>
<td>6/17</td>
<td>Breaststroke Technique/Breaststroke Swim</td>
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<tr>
<td>M</td>
<td>6/22</td>
<td>Breaststroke Swim</td>
<td>MUSCLE IDENTIFICATION QUIZ</td>
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<tr>
<td>W</td>
<td>6/24</td>
<td>Back Stroke Technique/Back Stroke Swim</td>
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<tr>
<td>M</td>
<td>6/29</td>
<td>Back Stroke Swim</td>
<td>TECHNIQUE QUIZ</td>
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<tr>
<td>W</td>
<td>7/1</td>
<td>Stroke Review/Final Exam Review</td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>7/6</td>
<td>Stroke Performance Tests</td>
<td>EXTRA CREDIT DUE</td>
</tr>
<tr>
<td>W</td>
<td>7/8</td>
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<td>FINAL EXAM</td>
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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 autonomic “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.

   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. 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 (possible permanent removal from class).

**STUDENT CONDUCT.** All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).