

PDP AQ 301 Advanced Swim-Fitness Conditioning

Instructor: TBD

Email: swimming@bu.edu

Phone: (617) 358-SWIM

Meets twice per week: 1.0 Credit

Course Description:

Ability to swim 200 continuous yards and be capable of performing/demonstrating the front crawl, backstroke, breaststroke, and basic butterfly. This course is designed for intermediate and advanced swimmers who want to improve their fitness and technique through workouts and drills. Workouts will focus on improving technique and building endurance. More advanced workouts will be provided for swimmers who enjoy swimming as a method of improving cardiovascular performance and maintaining their fitness level. The class will focus on applying the basics of fitness swimming, including technique drills, flip turns, reading a pace clock, interval training, and creating a personalized workout. The instructors will critique students' strokes and offer stroke feedback.

Please sign-in with the instructor every day. Due to the varying levels of skill in this class, we will arrange swimmers by skill level and speed. The instructors will assist in placing students in an appropriate lane. It is extremely important you do not enter the water until instructed to do so, and follow the directions of the instructors. The high enrollment of this class will require students to circle swim. Please be courteous to other swimmers in your lane and promptly exit the pool when class concludes.

***Prerequisites:** Ability to swim 200 continuous yards and be capable of performing/demonstrating the front crawl, backstroke, breaststroke, and basic butterfly.*

Learning Outcomes:

Each participant should obtain the following objectives:

Physical Objectives

- Swim 400 yards continuously demonstrating breath control and rhythmic breathing
- Tread water for 5 minutes
- Tread water for 2 minutes using only the legs.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object
- Proficiency in all four competitive strokes
- Able to perform a flip turn and a competitive start

Cognitive Objectives

- Overcome any fears of swimming in a certain depth of water
- Overcome any fears of swimming in an open water environment
- Appreciate the importance of safety in and around aquatic environments
- Understand the importance of lifesaving equipment for people of all ages and swimming abilities

Safety/Sanitation Policies:

- Everyone **MUST** take a shower before entering the pool. If the instructor believes a participant did not rinse, they will be asked to revisit the shower.

- Swim suits are required for all swimmers. Swim caps are required for anyone with hair longer than a buzz cut. Goggles are recommended. Suits, caps and goggles are for sale at the ProShop.
- No one should enter the water until the instructor is on duty and gives permission.
- **NO DIVING IN THE RECREATION POOL.**
- No chewing gum, food or glass allowed in pool area. Water must be in an enclosed non-breakable container.
- Please notify your instructor in case of an emergency.
- For a full list of pool rules, please visit: <http://www.bu.edu/fitrec/recreation/aquatics/>

Required Equipment:

Students should pick up a kick board and pull buoy from the bin on the pool deck.

Lockers:

Students may use a day locker in the hallway by the pool. Locks are available from the Pro Shop in the Fitness and Recreation Center or you may bring your own lock. Please be careful of personal belongings and keep them locked up even when taking a shower. Bags, shoes, clothes and other personal items are not allowed on the pool deck. Deck shoes like flip flops are allowed. Boston University and the Department of Physical Education, Recreation, and Dance are not responsible for lost or stolen items.

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you may receive an “I” until you have made up all missed classes with your instructors permission. Please make arrangements with your instructor to do so within the semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

You are expected to attend every session scheduled in the semester. The class is graded Pass/No Pass, therefore all University policies apply for receiving credit. You are allowed up to 5 absences to receive University credit and a passing grade. We highly encourage you to not only attend every session, but to practice on your own. You will get the most out of the course if you attend class and practice on your own regularly. If you miss more than 5 classes, you may make them up by doing either of the following:

- Participate in Recreational Swim for 45 minutes (obtain a makeup form from the lifeguard office and please bring your BUID).

- Attend another section of AQ 301 Fitness Swim ***if space allows. Please confirm if you are able to attend a different section for a make-up by emailing swimming@bu.edu.

There is no participation requirement for non-credit or auditing students. However, it is to your benefit to attend all sessions. Missing many sessions will also make it difficult to catch up on skills and may slow your progress in the course.

Blackboard, Fitrec Website & Course Evaluation

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time fill these out – your feedback is very important to us!

Student Conduct:

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

PDP AQ 301 Advanced Swim- Fitness Conditioning Semester Outline (Subject to Change)

Week 1:
Introduction and Evaluation
Prerequisite swim test Water Entry Breath control
Stroke Development: Front Crawl, Back Crawl, Side stroke, turns
Week 3-6:
Stroke Development: Breaststroke, Elementary backstroke, flip turns, butterfly kick
Week 7:
Stroke Development: Butterfly Swim workouts Endurance sets
Week 8-14
Stroke Refinement/Swim Workouts/starts and turns/interval swimming
Week 15:
10 Minute Swim endurance test or 400 yard swim/mock races