

PDP AQ 101 Beginning Swim

Instructor: TBD

Email: swimming@bu.edu

Phone: 617-358-SWIM

Meets twice per week: 1.0 Credit

Course Description:

This is a course for students who have had little or no swimming experience. Instruction will focus on basic swimming skills for beginners to advanced beginners. Skills to be covered include: front crawl with rotary breathing, elementary backstroke, backstroke, sidestroke, breaststroke, comfort in the deep end of the pool, and treading water.

Please sign-in with the instructor every day. The class meets in the shallow Recreation Pool. Due to the varying levels of skill in this class, the class may divide into two groups. It is extremely important you do not enter the water until instructed to do so and only swim as far as the instructor directs you. Please promptly exit the pool when class concludes.

Learning Outcomes:

Each participant should obtain the following objectives:

Physical Objectives

- Ability to jump or dive into pool
- Swim 100 yards continuously demonstrating breath control and rhythmic breathing.
- Tread water for 2 minutes
- Float on stomach for 1 minute with head submerged
- Competency in freestyle and breaststroke

Cognitive Objectives

- Overcome any fears of swimming in a certain depth of water
- Overcome any fears of swimming in an open water environment
- Appreciating the importance of safety in and around aquatic environments
- Understanding 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:

When you arrive for class, please pick up a kickboard.

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. In most cases, 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 will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following 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 a session of either AQ 101 Beginning Swim or AQ201 Stroke Improvement if space allows.

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 to 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 101 Semester Outline (Subject to change)

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| Week 1: |
| Introduction and Evaluation |
| Submerging Face and Blowing Bubbles |
| Week 2: |
| Floating & Kicking Basics- Head back, chin pointed up, belly button and hips up |
| Floating & Kicking Basics- Straight legs, Pointed Toes |
| Week 3: |
| Front Crawl Kicking- Multiple uses of a kickboard, employ straight leg kicking |
| Front Crawl Pull- Fingers closed (Spoon v. Fork), finger tips enter water and pull all the way down |
| Week 4: |
| Front Crawl Rotary Breathing- As one arm pulls under head rotates out, arm comes over head rotates in |
| Front Crawl- Underwater Pull is with whole arm, not just hand, making sure to push the water backwards |
| Week 5: |
| Front Crawl- Refine Stroke |
| Back Float & Backstroke Kicking- Kicking with Toes pointed Knees flexing but not bending |
| Week 6: |
| Back Float & Backstroke Kicking- Kicking with Toes pointed Knees flexing but not bending |
| Backstroke Kick and Backstroke Pull- Thumb out, Pinky in |
| Week 7: |
| Backstroke- Arm should be straight during recovery, and rotating shoulders when entering water |
| Backstroke- Pull water all the way down past hip, making sure you always push the water towards feet |



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| Week 8: |
| Review |
| Elementary Backstroke- Importance of survival strokes |
| Week 9: |
| Breaststroke Kick- Heels up, Toes pointed out and whip together |
| Breaststroke Kick & Introduction of Pull- controlled strokes, no elbows behind shoulders |
| Week 10: |
| Breaststroke- Pull, Breath, Kick, Glide |
| Breaststroke- No rushing the stroke, controlled, strong kick |
| Week 11: |
| Review |
| Sidestroke- Review importance of survival strokes |
| Week 12: |
| Sidestroke & Treading water aim to begin transition to the Competition Pool- Importance of a lifejacket |
| Butterfly Kick & Diving from side- The butterfly kick as a full body motion not just from the legs |
| Week 13: |
| Butterfly Kick and Introduction to Pull- Both arms come out together enter together |
| Butterfly- Two Kicks, one pull, breathe by picking your head up but not causing body to go vertical |
| Week 14: |
| Front Crawl Full laps & Diving from Blocks |
| Review |
| Week 15: |
| Introduce Pull Buoy/paddles/Pace Clock & a swim 'workout' |
| Fun Day |