

PDP AQ 201 Stroke Improvement

Instructor: TBD

Email: swimming@bu.edu

Phone: 617-358-SWIM

Meets twice per week: 1.0 Credit

Course Description:

This course is designed for students who have a solid understanding of front crawl, are familiar with the backstroke and are comfortable in deep water. Skills to be covered include: refinement of front crawl, backstroke, and breaststroke, introduction to butterfly, and continued practice for comfort in deep water.

This class takes place in the Competition Pool. Please sign-in with the instructor every day. Due to the varying levels of skill in this class, swimmers will be arranged in lanes according to skill level. It is extremely important you do not enter the water until instructed to do so, and follow the instructions of the instructors. Recreational lap swim may take place in other lanes during the class, so it is important to stay in the designated lanes. Please promptly exit the pool when class concludes.

Learning Outcomes:

Each participant should obtain the following objectives:

Physical Objectives

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing.
- Tread water for 4 minutes.
- 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 freestyle, backstroke, 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 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 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 AQ201 Stroke Improvement or AQ301 Fitness Swimming 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 201Stroke Improvement Semester Outline (Subject to change)

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| Week 1: |
| Introduction and Evaluation |
| Kicking Basics |
| Week 2: |
| Front Crawl Kicking |
| Front Crawl Pull |
| Week 3: |
| Front Crawl |
| Backstroke Kicking |
| Week 4: |
| Backstroke Pull |
| Week 5: |
| Backstroke |
| Introduction to Flip Turns |

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| Week 6: | |
| Review | |
| Breaststroke Kick | |
| Week 7: | |
| Breaststroke Pull | |
| Breaststroke | |
| Week 8: | |
| Butterfly Kick | |
| Week 9: | |
| Butterfly | |
| Week 10: | |
| Butterfly | |
| Open Turns | |
| Week 11: | |
| Introduce Pull Buoy/paddles/Pace Clock & a swim 'workout' | |
| 'Workout Class' Focusing on Technique & Introduce Diving from the side | |
| Week 12: | |
| 'Workout Class' Focusing on Technique & Introduce Diving from the Blocks | |
| 'Workout Class' Focusing on Technique | |
| Week 13: | |
| 'Workout Class' Focusing on Stamina | |
| 'Workout Class' Focusing on Stamina & Diving | |
| Week 14: | |
| 'Workout Class' Focusing on Technique & Diving | |
| 'Workout Class' Focusing on Stamina | |
| Week 15: | |
| 'Workout Class' Focusing on Technique & Diving | |