STAC 171—Beginning Swimming

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

Course Description
In this class we will focus on beginning techniques of swimming, basic swimming skills, and standard swimming strokes.

Learning Outcomes
At the conclusion of the course, students will:
1. Demonstrate proper form and technique in the standard swimming strokes (freestyle, backstroke, and breaststroke).
2. Demonstrate a beginning swimming fitness level by completing a 500-yard swim test.
3. Demonstrate their ability to correctly set up swimming workouts by submitting a sample workout.

Course Content
1. Front & Back Float
2. Treading Water
3. Continuous Kick
4. Underwater Swimming
5. Flip Turns (front & back)
6. Front & back streamline off walls
7. Front & back dolphin kick off walls
8. Surface Dives (performed in deep pool)
9. Designing aerobic and anaerobic workouts
10. Backstroke
11. Breaststroke
12. Open Turns
13. Freestyle

Fitness
You will take three 500-yard swim tests for fitness (continuous).

<table>
<thead>
<tr>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 12:30 Superior</td>
<td>Less than 9:45 Superior</td>
</tr>
<tr>
<td>12:30–13:30 Excellent</td>
<td>9:45–10:45 Excellent</td>
</tr>
<tr>
<td>13:31–15:54 Good</td>
<td>10:46–12:00 Good</td>
</tr>
<tr>
<td>15:55–18:30 Fair</td>
<td>12:01–14:00 Fair</td>
</tr>
<tr>
<td>18:31–19:00 Poor</td>
<td>14:01–16:00 Poor</td>
</tr>
<tr>
<td>Greater than 19:00 Very Poor</td>
<td>Greater than 16:00 Very Poor</td>
</tr>
</tbody>
</table>

GRADING
- This course is graded PASS/FAIL
- Students must meet the following criteria to pass this course.
  1. Pass the attendance part of the course with 80%—no more than 5 hours absent
  2. Pass the written part of the course with 75% on the written test.
  3. Students will show improvement in strokes and time on the 500 yard swim.

Students who do not meet these criteria will receive a Fail (E) grade which will impact their GPA.
ATTENDANCE/PARTICIPATION

• Because participation is the primary component of an activity class, attendance is requisite to pass the class.
• Students must attend and participate in 80% of all class sessions to pass the course (Department policy). There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for illness, injury, or University business.
  - For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  - For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  - For once a week block classes, this equals no more than 1 class period missed.
• Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
• Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.
• A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdraw deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.
• If a student has any questions about this policy, contact Student Wellness, 112 RB, activity@byu.edu.

WRITTEN EXAM

A written examination must be taken in the Testing Center. IMPORTANT: The test dates are posted at http://studentwellness.byu.edu/physical/activitycourses/. The test must be taken by one day prior to the last day of classes and will not be available during the last day of classes, Reading Days or Finals.

Please note the following:
1. The exam will cover materials taught and/or referred to in class.
2. If a better grade is desired, a test may be retaken any number of times. Retakes are available for a $5.00 fee.
3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
4. A $5.00 late fee will be charged beginning 2pm on the last day of the exam.

Dress and Attire
You are required to follow the standard dress policy for the RB pool. That policy is as follows:
Men: Board shorts, swim trunks, drag shorts, or jammers are acceptable. Speedos and athletic shorts not made for swimming are not acceptable.
Women: Modest one-piece swimsuits are required. Two-piece swimsuits of any kind are not acceptable. May wear swim shirts if tight, no loose t-shirts.
Students who are not dressed in appropriate swim attire will not be allowed to participate and are counted absent.

Injury
Any injury occurring during scheduled class time should be immediately reported to your instructor.

In case the pool is closed
We will meet every class period even if the pool is closed. Signs will be posted outside both locker rooms to inform you where we will meet should the facility be unavailable.