Beginning Swimming: LPAP # 166  
Days: Mondays and Wednesdays  
Time: 9:00 a.m - 9:50 p.m.  
Instructor: Kyle Coplen  
E-mail: kcoplen@rice.edu  
Course Location: Recreation Center Pool

Course Description: This course is designed to offer basic knowledge and skill for the beginner swimmer. The following strokes and skills will be taught during the class: water entries, floating, rhythmic breathing patterns, freestyle, elementary backstroke, backstroke, breaststroke, deep-water exploration, and treading water.

Dress: Swimsuits are required. Cut-offs, gym shorts, etc are not permitted. Goggles are suggested, but not required. You may want to wear a non-cotton shirt in the water if you get cold easily.

Participation: The Lifetime Physical Activity Program (LPAP) aims to increase student’s awareness, understanding and enjoyment of recreational activities. The courses are primarily based on participation. Students are expected to attend classes and be actively involved.

Attendance Policy: Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two “free” absences. Should a student miss an additional class(es) she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the two within two weeks of the absence. If a student fails to make up a missed third or fourth class, his/her final grade will drop by one or two grade letters, respectively.

Please note, students will not be allowed to make up more than two classes. Five total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

All excused absences (with the exception of medical emergencies) need to be communicated to the instructor prior to the date that the student will be absent, and it is the responsibility of the student to initiate a make up day. Should the class not be made up within a two week time period, the absence will be deemed as unexcused and will count toward the number of unexcused absences a student is allowed.

Excused Absences: When you set up an excused absence ahead of time you may be able to make-up the class within 2 weeks. Pending instructor approval, attending a lap swim time at the pool will make up most excused absences for this class. The pool schedule is online at: www.rice.edu/aquatics. The standard make up procedure is as follows, but is subject to change by the instructor: Swim for at least 40 minutes. Write out on a full
page, 8 ½ x 11 sheet of paper your name, date, exact start time and end time of the make-up and total distance swum. Have the lifeguard who is not on duty sign your sheet for you. Turn your make-up sheet in within 2 weeks of your absence. You cannot get credit for a make-up without turning in the completed sheet of paper. Other make-ups such as writing assignments may apply for extended illness, injury, or other reasons. All make-ups for excused absences must be turned in by the end of our last class for the semester.

**Sick days:** If you are too ill to attend class then you may email the instructor on the same day as the missed class and you will have an excused absence. Excused absence will need to be made up within two weeks, see above information. The class will be listed as unexcused absence if you do not send an email by midnight on the day of your missed sick day class or turn in your make-up class within two weeks. See excused absence information, above. Students are not to overuse this option. After a student uses two sick days a meeting with the instructor will be required to come up with an alternative plan for participation as the course is based on active participation.

All students who arrive at class, and are not sick or injured, are expected to participate. The injured or ill student can sit out and must discuss an alternative plan with the instructor. All make-ups are due two weeks after the student returns to participation. All make-ups for sick days and injuries must be turned in by the last day of this LPAP class.

**Tardiness:** Our time together in class is very short. Tardiness to class will hurt your progress and the progress of your group. Tardiness of more than 10 minutes will be recorded. Every third tardiness will result in one unexcused absence. Tardiness of more than 20 minutes will count as an unexcused absence.

**Class Format:** The class will be an activity / participation based course. Through out the course there will be lecture topics to lay a foundation and support to the activities through the semester.

**Course Evaluation:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active Participation</td>
<td>300</td>
</tr>
<tr>
<td>Class Activities</td>
<td>100</td>
</tr>
<tr>
<td>Stroke Review</td>
<td>100</td>
</tr>
</tbody>
</table>

Class activity points are gained in-class only. Excused absences and sick days cannot gain points for missed class activities. Students with excused absences and sick days may make up the absence, but no points for the activity will be gained.

Class activities and assignments are expected to be your own work. You may consult with others when designing your workout for ideas. All assignments are to be original and created by the student who turns it in. The peer-designed workout is done with a partner with each person doing an equal amount of work.

**Stroke Review:**
This assignment has two parts. First, the swimmer will be videoed during class in the first half of the semester. The swimmer will get a chance to review the tape during class. The swimmer should make comments on at least one positive and one area for improvement
on each of the two strokes reviewed. These comments should be in writing and turned in with the second part of the assignment. If possible, bring your own recording devise to capture the first swimming review. Second, the swimmer should have their stroke videoed outside of class time during the second half of the semester. The student will need to arrange a time and equipment for this part of the assignment. The second critique should include a personal stroke critique of at least 2 of their competitive strokes. There must be at least 2 positive and 2 critical comments on each of the strokes critiqued. Video or pictures of the strokes must be used with the critique. The assignment is due in class on the last day of the semester. The assignment may be turned in early.

**Grading:** LPAP grades will appear on transcripts. To receive LPAP credit you must receive a passing grade. The following scale will be used to calculate the final grade for this class.

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*500 – 468  A  382 – 363  C  * Students with a 97 to 100 average
467 – 448  A-  362 – 348  C- and without any absences will earn
447 – 433  B+  347 – 333  D+ an A+
432 – 413  B  332 – 313  D
412 – 398  B-  312 – 298  D-
397 – 383  C+ below 298  F

**Honor Code Violations:**
All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

**Towels and Lockers:** If you would like to use a Rice Recreation Center towel you may purchase a towel pass for shower size towels at the front desk. Hand towels are available free at the front desk in exchange for your ID. You must leave your id for the towel. Lockers and baskets can also be obtained at the front desk.

**Goggles and Swim caps:** Are available for purchase at the Recreation Center Operations desk.

**ADA Policy Statement:**
This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.