Introduction to Fitness Swimming: LPAP 164
Days: Tuesdays, Thursdays
Time: 9:25-10:15am
Instructor: Jada Hallmark
E-mail: jada@rice.edu
Course Location: Pool

Class Description: This course is designed to increase fitness through the use of swimming. There will also be a knowledge component to the course that includes information concerning fitness, health, stroke mechanics and wellness. The objective of the course is for students to design their own swimming workouts to meet their fitness goals.

Dress: Swimsuits are required. Cut-offs, gym shorts, etc are not permitted. Women should wear one piece suits. Swim caps highly suggested for long hair. Goggles are suggested for comfort and vision. Water bottles highly suggested.

Registration: Course registration for LPAP classes before the semester begins is through the registrar’s office. If you are not registered for the course yet you will need to bring an add /drop form to class. If space is available, additions to the class will be allowed until the second week of classes. Priority is given to students who have not completed two LPAP classes yet and have attended all classes. The order of the waiting list will also be taken into account. If you would like to take the LPAP for credit you must have completed two LPAP classes previously and there must be space available.

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.

Weather/Pool Closings: Never assume class is cancelled because it is raining or cold. Class will be held unless 1) previously cancelled by the instructor or 2) the recreation center has closed the pool. If you are unsure, it is best to call the Rec Center before class and check the status of the pool, or just come to class.

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 class, his/her final grade will drop by one grade letter for each absence. It is at the instructor’s discretion how many absences can be made up. However, I do not tolerate excessive absences!!

Tardiness: Our time together at the pool is very short. Tardiness to class will hurt your progress and the progress of the swimmers in your lane. Tardiness of more than 5 minutes will be recorded.
Excessive tardies (more than 3) will count as one half of an absence. Be ready to start swimming at 9:30 am!!

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

**Topics Include:**
- Free-Style Mechanics
- Butterfly Mechanics
- Starts and Turns
- Back Stroke Mechanics
- Designing a workout
- Breaststroke Mechanics
- Hydrodynamic Principles

**Course Evaluation:**
- Active Participation: 300 points
- Training Log/Notes: 100 points
- Class Activities: 100 points

**Training Log:**
Students will be asked to keep a journal/log of all workouts we do in class. This will be checked at 2 points throughout the semester (50 points each). Bring your log to class each day. I may/may not advertise the days I will be checking journals.

**Class Activities:**
Class activity points are gained in-class only.
Class activities 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.

Pretest and Post Fitness Evaluations (60 points)
- 30 points each
Personalized and Peer swimming work-outs (40 points)
- 2 Personalized workouts, 10 points each
- 2 Peer Designed workout, 10 points

**Important Dates:** (Dates subject to change)
- August 28th: Pretest
- September 11th: No Class
- September 13th: Peer Designed Workout 1
- September 25th: Personalized Workout 1
- October 11th: No Class
- October 25th: Personalized Workout 2
- November 15th: Peer Designed Workout 2
- November 20th: Post Test
Grading: LPAP grades will appear on transcripts. To receive LPAP credit you must receive a passing grade. At least Two LPAP credits are required to graduate. The following scale will be used to calculate the final grade for this class.

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

Important to consider:
All students will be required to swipe their Rice I.D. to get into the Recreation Center building for class. BRING YOUR RICE I.D. EVERYDAY.

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. 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:
If you have a documented disability that will impact your work in this class, please contact me to discuss your needs. Additionally, you will need to register with the Disability Support Services Office in the Ley Student Center.

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.