

# **The pedagogy of swimming classes at university in the United States**

KONO Kunio, TAJIMA Yasue, HOSHI Eri  
YAMASHITA Emiri, YAMAMOTO Saki

武庫川女子大学 学校教育センター年報

第3号 2018年

## The pedagogy of swimming classes at university in the United States

KONO, Kunio\* TAJIMA, Yasue\*\* HOSHI, Eri\*\*\* YAMASHITA, Emiri\*\*\*\*  
YAMAMOTO, Saki\*\*\*\*\*

### Abstract

The purpose of this paper is to report the pedagogy of swimming courses at the Department of Health Exercise and Sports Science (HESS), the University of New Mexico in the United States of America as a case report. This case report demonstrates the current teaching class materials, syllabus, course objectives, and course requirements and academic policies. By analyzing the practice of teaching, we highlight the differences in how the teacher interacts with students, teaching strategies, teacher actions, teaching materials by showing theories of learning, understandings of students and their needs, and education policies at the US University level swimming courses.

**Keywords:** Pedagogy of swimming, US University, Physical Education, Academic Policies, Teaching Methods

### 1. Introduction

The practice of teaching differs from fields of study and countries by countries. The pedagogy includes how the teacher interacts with students, teaching strategies, teacher actions, teaching materials by showing theories of learning, understandings of students and their needs, and interests of individual students. The authors are teaching swimming courses at the School of Health and Sports Sciences, the Mukogawa Women's University in Japan. In order to understand the American methods of practice of teaching in swimming classes, this paper is to research and demonstrate the current swimming courses taking place at the Department of Health Exercise and Sports Science, the University of New Mexico in United States of America. This case report shows that today's university swimming classes' teaching methods and materials, such as syllabus, course objectives, requirements and policy of Physical Education Program.

### 2. Method

Under the memorandum of understanding executed between the University of New Mexico (UNM) and the Mukogawa Women's University (MWU), this study conducted by requesting the course instructors to provide syllabus and teaching materials at UNM. By researching and analyzing the provided data, planned schedule and teaching materials, we demonstrated the today's pedagogy of swimming classes in Physical Education at the US university as a case report.

### 3. About the University of New Mexico at the state of New Mexico

The University of New Mexico (UNM) is the flagship research university located at Albuquerque, New Mexico since 1889. UNM has most of the degree programs serving to approximately 30,000 students each semester, and has more than 27,000 faculties and staff

---

\* Lecturer, Department of Health and Sports Sciences, School of Heal and Sports Sciences

\*\* Professor, Department of Health and Sports Sciences, School of Heal and Sports Sciences

\*\*\* International University Ventures Manager at University of New Mexico

\*\*\*\* Part-time coach at Mukogawa Women's University

\*\*\*\*\* Academic affairs assistant, Department of Health and Sports Sciences, School of Heal and Sports Sciences

members. The State of New Mexico is the most federally funded state at the nation. Therefore, UNM is a place where cutting-edge research and creative endeavors flourish. UNM research injects millions of dollars into New Mexico's economy, funds new advancements in healthcare, and augments teaching, giving students valuable hands-on training in state-of-the art laboratories. UNM is surrounded by the federal laboratories, such as Los Alamos National Laboratory, Sandia National Laboratories, and Airforce Research Lab. Albuquerque is uniquely located in the southwest region where is the one mile high-elevation city, where is very popular destination for high altitude training for swimmers and long-distance runners.

#### **4. The Department of Health, Exercise, and Sports Sciences at UNM**

The Department of Health, Exercise, and Sports Sciences (HESS) at UNM provides in the study of health, physical activity, and sports. Undergraduate programs prepare students to be highly qualified teachers and community leaders in health education and physical education; qualified professionals in athletic training; and qualified health/fitness instructors for fitness centers, corporate fitness programs, outpatient physical therapy, and cardiopulmonary rehabilitation programs. The graduate students include teachers wishing to improve their practice or move into a career in higher education as a university professor; professionals preparing to move into leadership positions in community, public health or worksite settings, high school, college, or professional sports; exercise scientists preparing to become researchers, and preventative and/or rehabilitative program directors.

The curricula offered in the program foster understanding in five areas, which are Athletic Training, Exercise Science, Health Education/Promotion, Physical Education, and Sport Administration at HESS.

#### **5. Physical Education Non-Professional Program (PENP) at UNM HESS**

Physical Education Non-Professional Program (PENP) at UNM HESS offered the three courses of swimming, which are Beginning Swimming, Intermediate Swimming, and Advanced Swimming at fall semester 2017. PENP is designed to provide students with the essential skills, knowledge and attitudes necessary to sustain regular, lifelong physical activity as a foundation for a healthy, productive and fulfilling life. The learning experiences are designed to promote personal enrichment of all participating students in a carefully planned, comprehensive, and innovative environment that promotes self-discipline, self-evaluation and an understanding of personal strengths and weaknesses. It is an integral part of the total education process and significantly contributes in the areas of affective, cognitive and psychomotor development, along with health-related fitness. Under the basic Instruction Program at Physical Education, these following classes are the course description. PENP 101; Beginning Swimming class instructs students who have not been in the water or have a fear of water. PENP 102; Intermediate Swimming class teaches in all basic strokes for students who can swim. PENP 103; Advanced Swimming class demonstrates and practices in perfecting all swimming strokes; competitive skills; and synchronized skills.

## **6. Course requirements and policies**

PENP 101 is a Beginning Swimming course for 50 minutes, twice a week, taking place at Johnson Olympic Pool, and instructor is PhD students at UNM HESS in Physical Education Program. The objective of this course is to get rid of fear from water for beginners, enhance fitness through swimming and complete 50-meter swim in Freestyle.

Attendance is a biggest part of the grading for this course, therefore, there is a detail list of requirements for passing the class. The punctuality is very imperative for students, so the most important policy is to be on time. If students get there after this time, they are tardy, and if they get to class after 10 minutes class starts, they are absent. Students need to check in and out with the instructor each class. Check in process starts five minutes prior to the class starts until on time. If students arrived after the time class started, they are tardy. Two tardiness equals one absence. Students dressed appropriately with swimming trunks on for men and a one-piece bathing suit on for women as well as goggles and caps for those whose hair is at or longer than their shoulder.

Health Education, and Sports Science policy for any 16-week course states that any student with more than 6 absences is to be automatically dropped from the course. Absences resulting from extenuating circumstances must be addressed through the Dean of Students Office or Student Health Center and may be made up at the discretion of the instructor.

## **7. Teaching methods**

Among all those physical education courses that UNM offered, swimming classes is one of the most popular sports courses. Since the swimming can be a lifetime exercise that most people can enjoy at all time. Swimming is considered one of the best workouts in health wellness program. As water is denser than air, swimming presents greater resistance to the body, which are the better drill for one's shoulders, hips, core and arms. Swimming is also physically and mentally therapeutic. Water provides good resistance training, especially for the muscles that normally do not get a proper workout, like deltoid, where is the rounded muscles on the contours of the shoulders. Swimming is one of the top remedial exercises. Therefore, if students are recovering from an injury or nursing sore muscles, swimming is a great way to get back to the usual training pace.

Beginning Swimming classes offered to students who want to get rid of the fear of water as well as to get used to the water for safety reasons. They learn to control their body in water to be able to swim with freestyle. The block plan calendar indicates 16 weeks of teaching method curriculum for the class (Appendix A). Intermediate Swimming classes offered some techniques for four strokes, which are butterfly, backstroke, breaststroke, and freestyle. They learn how to swim longer distance with those four strokes with gaining swimming endurance. Advanced swimming classes are focused on improving fast swimming time, and sometimes students are competing at swim meets and triathlon competitions.

One of the common teaching contents and very imperative aspects in all level swimming classes is kicking. As the kicking motion in the water, which is 800 times denser than air, you are able to train students and their quads, hamstrings and gluteus. Also, as swimming requires infrequent breathing

during lengthens, the body learns to use oxygen efficiently for better overall health, and builds endurance. Students who take all three level courses, necessary skills for swimming will be developed. Therefore, these trainings in each class help students who want to swim in several different swim styles and longer distance, are recovering from injury, and the programs support preventing from health problems.

For those physical education program materials show not only class teaching methods, but also include strict policies such as safety warnings, special needs, academic dishonesty, and Title IX. It is very crucial for those students who are in classes can see visually those policies (Appendix B). By showing those policies are mutually beneficial for instructors and students to prevent from any negative circumstances during instructing semester.

## 8. Conclusion

University swimming classes in the United States are consist of different levels of skillsets that students have and their needs. From beginning to advanced classes, students will be able to gain the essential techniques, swimming performance, and enhancement of overall fitness level to sustain healthy, productive and fulfilling physical activity. The programs are comprehensively developed with injury prevention, health wellness, and swimming skills. Therefore, students will learn to promote their personal enrichment, self-discipline, self- evaluation and an understanding of personal strengths and weaknesses.

Most of the Physical Education programs which are including those swimming classes are instructed by PhD students. Teaching assistant system is a part of their graduation requirements, and the practice of learning is to gain the experience in education. The teaching experiences provide entrance of professional career in higher institutions. Physical Education programs in the US is an integral part of the total education process and significantly contribute to the areas of human development and leadership development along with health-related fitness.

At last, the important academic policy the US university swimming classes shows that include the policy of civil rights to interact with students. Especially, the syllabus (Appendix B) illustrated the policy of Title IX of Education Amendment to provide the support system for instructors and students in order to prevent from any gender discrimination or sexual harassment.

To conclude, the pedagogy of swimming courses at the US university provides opportunities to learn the knowledge of physical education for vast students in different conditions and interests of individuals.

## References

- 1) National College Athletic Association. *Gender Equity / Title IX Important Facts*.  
<http://www.ncaa.org/about/resources/inclusion/gender-equity/title-ix-important-facts>, (Access July 25, 2017)
- 2) Paul F. Nicoletto & Astrid Kodric-Brown (1999). The relationship among swimming performance, courtship behavior, and carotenoid pigmentation of guppies in four rivers of Trinidad. *Environmental Biology of Fishes* 55, 227-235.

- 3) The United States Department of Justice. Overview of Title IX of The Education Amendments of 1972, 20 U.S.C. A§ 1681 ET. SEQ.  
<https://www.justice.gov/crt/overview-title-ix-education-amendments-1972-20-usc-1681-et-seq>, 2015 (Access July 26, 2017)
- 4) The University of New Mexico College of Education Health, Exercise & Sports Sciences.  
<https://coe.unm.edu/departments-programs/hess/>, 2017 (Access June 20, 2017).
- 5) The University of New Mexico Office of Equal Opportunity. Checklist Formal Investigation Process – individual. <http://oeo.unm.edu/forms/pdf/addendum1.pdf>, (Access July1, 2017)
- 6) The University of New Mexico Office of Equal Opportunity. *Title IX Coordinator*.  
<http://oeo.unm.edu/title-ix/index.html>, 2017 (Access July 1, 2017)
- 7) The University of New Mexico Office of Equal Opportunity. *University of New Mexico Office of Equal Opportunity Disrimination Claims Procedure*. [http://oeo.unm.edu/forms/pdf/new\\_claims.pdf](http://oeo.unm.edu/forms/pdf/new_claims.pdf), 2017 (Access July1, 2017)
- 8) The University of New Mexico Office of the Provost-EVP for Academic Affairs. *UNM Action Plan Engagement Academy for University Leaders*.  
<http://www.unm.edu/%7Eacadaffr/documents/presentations/unm-ce-action-plan.pdf>, 2014 (Access June 16, 2017).
- 9) The University of New Mexico Policy Office. *Administrative Policies and Procedures Manual – Policy 2740: Sexual Violence and Sexual Misconduct*. <https://policy.unm.edu/university-policies/2000/2740.html>, 2015 (Access July 3, 2017)
- 10) United States Department of Education. *Questions and Answers on Title IX and Sexual Violence*.  
<http://www2.ed.gov/about/offices/list/ocr/docs/qa-201404-title-ix.pdf>, 2011 (Access July 1, 2017)

**Appendix A: Block Plan Calendar for 16 weeks**

**Class Schedule**

	Monday	Wednesday
Week 1	No Class	Meet at Johnson Olympic Pool Attendance Introduction to course Syllabus Fill out informed consent cards
Week 2	Sign in Warm-up Breathing Floating on the water Cool-down Sign out	Sign in Warm-up Floating on the water with kick board Cool-down Sign out
Week 3	Sign in Warm-up Horizontal Floating on the water and kicking Cool-down Sign out	Sign in Warm-up Horizontal Floating on the water and kicking Cool-down Sign out
Week 4	Sign in Warm-up Kinking with kickboard Cool-down Sign out	Sign in Warm-up Kinking with kickboard Cool-down Sign out
Week 5	Sign in Warm-up Arm motion of Freestyle Stroke Cool-down Sign out	Sign in Warm-up Arm motion of Freestyle Stroke Cool-down Sign out
Week 6	Sign in Warm-up Arm motion practice of freestyle stroke with kick board Cool-down Sign out	Sign in Warm-up Arm motion practice of freestyle stroke with kick board Cool-down Sign out
Week 7	Sign in Warm-up Freestyle stroke breathing Cool-down Sign out	Sign in Warm-up Freestyle stroke breathing Cool-down Sign out
Week 8	Sign in Warm-up Freestyle stroke drilling Cool-down Sign out	Sign in Warm-up Freestyle stroke 25m Test Cool-down Sign out

Week 9	Spring Break	Spring Break
Week 10	Sign in Warm-up Open turn Cool-down Sign out	Sign in Warm-up Open turn Cool-down Sign out
Week 11	Sign in Warm-up Open turn Cool-down Sign out	Quiz
Week 12	Sign in Warm-up 25m freestyle stroke Open turn Cool-down Sign out	Sign in Warm-up 25m freestyle stroke Open turn Cool-down Sign out
Week 13	Sign in Warm-up 25m freestyle stroke Open turn Cool-down Sign out	Sign in Warm-up 25m freestyle stroke Open turn Cool-down Sign out
Week 14	Sign in Warm-up 50m Freestyle stroke drilling Cool-down Sign out	Sign in Warm-up 50m Freestyle stroke drilling Cool-down Sign out
Week 15	Sign in Warm-up 50m Freestyle stroke drilling Cool-down Sign out	Sign in Warm-up 50m Freestyle stroke drilling Cool-down Sign out
Week 16	Sign in Warm-up 50m Freestyle stroke drilling Cool-down Sign out	Sign in Warm-up Final skill test Cool-down Sign out



## Appendix B: Syllabus for PENP 102 Intermediate Swimming

The University of New Mexico  
Department of Health, Exercise and Sport Science  
Fall 2017

Syllabus  
PENP 102-002  
Intermediate Swimming  
MWF 9:30-10:45am

### Course Objectives:

This course is geared towards swimmers who can demonstrate the fundamental techniques of most swimming strokes but may need some refinement. The bulk of PENP 102 will focus on skills and techniques associated with lap swimming (ex: starts and turns), refining swimming skills and improving efficiency.

### Course Objectives:

Students will be able to learn:

- Refine their technique in all four competitive swimming strokes
- Practice racing starts and flip-turns
- Demonstrate improvements in overall fitness and swimming performance
- Understand common injuries and injury prevention strategies associated with swimming

### Prerequisites:

In order to be successful in PENP102-002, you must be able to swim 100 yards without stopping. Demonstrate the fundamental concepts of freestyle and backstroke, and be comfortable keeping your head and face in the water while swimming.

- Assessment: 200 M swim test

Yardage Range: 1000 – 2200

Focus: Drills, Endurance, and Speed work

### Course Requirements/Policies:

- Attendance: **Be on time** and **dressed appropriately** with a swimming trunks on for men and a one-piece bathing suit on for women as well as goggles and caps for those whose hair is at or longer than their shoulder. (i.e. NO sandals, jeans, extremely loose clothing, street clothing etc ...). **Class starts at 9:30**. If you get there after this time you are tardy; if you get to class after 9:40 you are absent. 2 tardiest equals 1 absence. You **MUST** check in with instructor. Check in will begin at 9:30 and continue until 9:40. If you arrive after 9:45 you must see the instructor to check in because you are tardy. Please DO NOT see

instructor until AFTER class if she has begun instruction! Check out starts at 10:40; you cannot check out before that. Correct time is the instructor's cell phone! Please synchronize your clocks with instructor's time. **IMPORTANT NOTE: Health Education, and Sports Science policy for any 16 week course states that any student with more than 6 absences is to be automatically dropped from the course.** ALL absences are equal! There are **NO excuses** vs. unexcused absences! Absences resulting from extenuating circumstances must be addressed through the Dean of Students Office or Student Health Center and may be made up at the discretion of the instructor. Please see the instructor if you have any questions about the definition of an extenuating circumstance. Students who are auditing the class or are C/NC will adhere to the same attendance policy. Make-up days are not allowed. Attendance policies begin on the first day of scheduled class!

- If you are more than 15 minutes late to class, you are automatically marked as absent. **NO EXCEPTIONS!!!**
- If a student misses more than 6 classes, they will automatically be withdrawn from the class. Follow any given rules and regulations. If rules are broken student will be in-voluntarily withdrawn from class!
- **NO CELL PHONES OR TEXTING ALLOWED DURING CLASS.** If cell phones are being used, you will be asked to leave class and be marked absent for the day.
- NO I-pods.
- You were charged \$20 for a fitness test. This test is worth about \$300. I strongly recommend that you take it. You can find out your fitness level and develop a program from the information. Sign up for such fitness testing will take place the first week of class. (Note: Fitness test is optional. However, those who perform the fitness test will get a free day with full participation points. This free day may NOT be on the group presentation days, pre and post testing, and/or the full mile swim tests If you miss these days, you will NOT receive credit for the assignment.)

#### Grading Policy:

1. Participation = 60 points
2. Quiz = 10 points
3. 200 M swimming test = 30 points

Total points = 100 points or 100%

#### Grading Scale:

A+	98-100	B+ = 86-89	C+ = 77-79	D+ = 67-69
A	92	B = 83-85	C = 73-76	D = 63-66
A-	90-91	B- = 80-82	C- = 70-72	D- = 60-62

Quiz – 10 percent possible

**No make-up quiz or assessments will be given. Quiz will be given on learn system.**

At the beginning of class, students will swim a 200M straight swim without a break. Students will be able to use freestyle, butterfly, or breast stroke to complete this task. Students will be evaluated at the beginning for the quiz and at the end of the semester.

**Other Policies and Information:**

1. Only enrolled students are allowed in the instructional area during class. NO GUESTS!
2. No make-up days will be allowed under any circumstances
3. As a student, you are able to rent a locker and towel for the semester or entire year if you choose. (\$15 for 1 semester or \$25 for both fall and spring semester). If you are interested in doing, so go to the cashiers in the Student Services building, pay and bring the receipt back to the equipment room here at JC, and they will issue you a locker.
4. We suggest that you get a locker because we are not responsible for back packs left unattended.
5. C/NC students must receive the equivalent of a "C" (73%) in order to receive credit for the class.

**Safety Warnings:**

There are inherent risks involved in swimming. The possibility of death from drowning is a risk that the student assumes when entering the pool. Other injuries include muscle pulls, spinal injuries, and head injury. Students must use extreme caution when diving in order to minimize the chance of injury. Diving is only allowed in the deep end of the pool and only with permission of the instructor. Students must follow all safety guidelines for the class as they are introduced by the instructor.

**Special Needs:**

If you require any special needs, considerations, or accommodations, please tell the instructor prior to the beginning of class. If special needs or considerations are warranted any time during the semester, please notify the teacher immediately.

**UNM Academic Dishonesty Policy:**

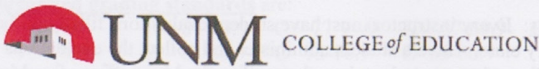
Each student is expected to maintain the highest standard of honesty and integrity in academic and professional matters. The university and the instructor reserve the right to take disciplinary action, including dismissal, against any student who is found responsible for academic dishonesty. Any student who has been judged to have engaged in academic dishonesty in course work may receive a reduced or failing grade from the work in question and/or the course. Academic dishonesty includes, but not limited to dishonesty in quizzes, test or assignments; claiming credit for work not done or done by other; hindering the academic work of other students; and misrepresenting academic or professional qualifications within or outside the university.

**Title IX**

In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered "responsible employees" by the Department of Education (see pg 15

- <http://www2.ed.gov/about/offices/list/ocr/docs/qa-201404-title-ix.pdf>). This designation requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the Office of Equal Opportunity ([oeo.unm.edu](http://oeo.unm.edu)). For more information on the campus policy regarding sexual misconduct, see: <https://policy.unm.edu/university-policies/2000/2740.html>

#### Attachment 1: Statement of Health Status



**Statement of Health Status:**  
This is to certify that to the best of my knowledge my present physical condition will permit my participation in the class for which I am registered.

Print Name: \_\_\_\_\_

Local Address: \_\_\_\_\_

College: \_\_\_\_\_ Class: \_\_\_\_\_

Please note any existing or recurring condition that may necessitate limited participation at times

\_\_\_\_\_

\_\_\_\_\_

**Statement of Agreement** \_\_\_\_\_ understand that active participation in physical activity courses could result in injuries that may include but are not limited to strains, sprains, breaks, loss of eyesight, concussions, partial or total paralysis and even death. I choose to participate in this activity by my own free will and accept all elements of risk involved. I agree to follow all safety guidelines indicated through instruction and/or assigned readings.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Syllabus acknowledgement and understanding**  
By affixing my signature below to this document, I hereby acknowledge that I have accessed and read the entire syllabus corresponding to the pertinent course in which I am enrolled (course number and name).

- In addition by affixing my signature below I agree with the following statements:
- I fully understand the policies set forth in this syllabus, including the attendance and participation policies.
- I acknowledge and understand that my failure to abide by these policies may have significant academic consequences for which I am solely responsible.
- I acknowledge and agree that the content described by this syllabus can be changed at the discretion of the course instructor in order to meet the course objectives.

Student Signature: \_\_\_\_\_ Date \_\_\_\_\_

Student Name (printed): \_\_\_\_\_

UNM Banner Identification Number \_\_\_\_\_

Finally, Track PEAP classes do not meet during final exam week (except for Honoring classes prior to finals week).