
AQUATICS
EDKP 213-001/002/003

COURSE OUTLINE, Winter 2019

Instructor:	Jason Boivin, B.Eng, CSCS Email: jason.boivin@mcgill.ca
Office:	G12-B; please contact for office hours
Class Schedule:	Tuesdays and Thursdays; January 8 th to April 11 th , 2018 001: 8h35-9h25; 002: 9h35-10h25; 003: 11h35-12h25
Locale:	Memorial Pool: room G12 at the sports complex (Currie Gym)
Pre-Requisites:	None
Restrictions:	Must be enrolled in B.Ed Kin., B.Ed Phys-Ed, B.Ed Phys-Ed with minor

COURSE DESCRIPTION AND REQUIREMENTS

This will be a 1-credit course consisting of two one-hour weekly sessions in the pool. This course provides instruction in water safety and the fundamental skills of swimming and related aquatics activities. It is designed to teach the fundamental progressions of the four competitive strokes (front crawl, backstroke, breaststroke and butterfly) and other aquatic skills and games. This course will also teach how to adapt and modify activities to fit with all level of swimmers and understand how to plan and implement a swimming program or activity.

Students are expected to develop sufficient knowledge in order to identify weaknesses and strengths and provide appropriate corrective feedback for other swimmers. Students will be required to teach an aquatic activity to the class. Students will also create a resource file with their classmates. Students are expected to attend all classes. **Any student that misses more than four hours of class will automatically fail the course.**

Exit Teaching Competencies:

- Competency 1: To act as a professional inheritor, critic and interpreter of knowledge or culture when teaching students
- Competency 3: To develop teaching/learning situations that are appropriate to the students concerned and the subject content with a view to developing the competencies targeted in the programs of study.

- Competency 4: To pilot teaching/learning situations that are appropriate to the students concerned and to the subject content with a view to developing the competencies targeted in the programs of study.
- Competency 5: To evaluate student progress in learning the subject content and mastering the related competencies.

COURSE LEARNING OBJECTIVES

As part of the learning objectives of this course, students will:

1. Develop their swimming abilities and knowledge of the swimming skills.
2. Be able to instruct and evaluate an aquatics activity to a population of choice.
3. Be exposed to different aquatic activities, to emphasize an active lifestyle.

STRUCTURE AND REQUIREMENTS

COURSE CONTENT *Subject to change

Week	Date	Description
1	January 8, 10	Water safety: breathing, comfort, treading water and creating propulsion
2	January 15, 17	Front crawl: kicking, body position and propulsion
3	January 22, 24	Backstroke: kicking, body position and propulsion
4	January 29, 31	Breaststroke and butterfly: kicking, body position and propulsion
5	February 5, 7	Starts and turns: dives, flip turns and open turns
6	February 12, 14	Swimming for fitness
7	February 19, 21	NO classes (I am away coaching)
9	February 26, 28	Conduct Peer Evaluation on February 26 Other water sports and games: artistic swimming, water polo Peer Evaluation due February 28 in class Sign up for Peer Teaching on February 28
10	March 5, 7	<i>READING WEEK</i>
11	March 12, 14	Peer Teaching
12	March 19, 21	Peer Teaching
13	March 26, 28	Peer Teaching
14	April 2, 4	Peer Teaching
15	April 9, 11	NO classes, Office hours during class time for questions Resource File due April 12 at 13h00

ACADEMIC INTEGRITY & MCGILL POLICIES

In accordance with McGill University’s Charter of Students’ Rights, students in this course have the right to submit written work in English or in French.

McGill University values academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offenses under the Code of Student Conduct and Disciplinary Procedures. Please visit www.mcgill.ca/integrity/ for more information.

As the instructor of this course I endeavor to provide an inclusive learning environment. If you have a disability, please contact the instructor to arrange a time to discuss your situation. I ask that you also contact the Office for Students with Disabilities at 514-398-6009 or visit <https://www.mcgill.ca/osd/>

Additional policies governing academic issues which affect students can be found in the McGill Charter of Students' Rights.

COURSE EVALUATION *See details below on evaluation expectations

Method	% of final grade	Competencies
Peer Evaluation	25%	1, 3, 4, 5
Peer Teaching	30%	1, 3, 4, 5
Resource File	35%	1, 2, 3
In-Class participation	10%	Ongoing

The university grading and grade point averages information can be found at: https://www.mcgill.ca/study/2018-2019/university_regulations_and_resources/undergraduate/gi_grading_and_grade_point_averages

COURSE WORK GUIDELINES: Peer Evaluation

On February 26th, you will work in pairs, taking turns being the instructor and the swimmer. You are required to evaluate two of the four competitive strokes performed by your swimmer. You will evaluate strengths/weaknesses in a swimmer’s strokes and prescribe the appropriate cues or drills to correct the swimmer’s deficiencies or technical weaknesses. You must prepare a rubric/checklist in advance to evaluate and give the proper feedback for your swimmer. This rubric, along with an explanation of specific drills targeting your partner’s deficiencies, is to be handed in the following class on February 28th.

You will be evaluated on:

- The appropriateness of your prescribed activities/drills
- The quality of your verbal/written feedback
- The appropriate use of the given time
- The quality of your rubrics in evaluating all elements of the strokes

COURSE WORK GUIDELINES: Peer Teaching

In groups of 2 or 3, you will teach a skill or activity related to aquatics to the entire class geared towards an elementary or secondary population. A sign-up sheet will be provided in class on February 28th. Students will choose their teaching day on a first-come first-serve basis. Special considerations will be made for anyone that has a background in aquatics.

In the 50-minute class, you are expected to:

- Provide a lesson plan outlining your activity, following the McGill P.E. lesson plan standards.
- Present and explain the activity
- Have the participants perform the activity
- Provide feedback
- Give a summary of the activity

You will need to confirm with the teacher what equipment is available in the pool facilities prior to the day of your lesson. Should you require additional equipment from what is already available, it is your responsibility to bring it.

You will be evaluated on:

- The quality/appropriateness of the activities
- The progression of your given activities
- The conciseness and clarity of your explanations
- The quality/appropriateness of your given feedback
- Your ability to work in a team

COURSE WORK GUIDELINES: Resource File

In groups of 4 or 5, you to develop a resource file for teaching the fundamental aquatic skills to swimmers of different ages and ability levels.

The resource file is expected to include the following units:

- The physical principles of movement in the water
- Front crawl
- Back crawl
- Breaststroke
- Butterfly

Each unit can be organized to your personal preferences, through each should contain information about:

- The stroke technique
- Teaching progressions
- An evaluation scheme or rubric
- Commonly observed errors with specific drills for corrections
- One or two games that promote that designated skill

It is strongly recommended that you utilize diagrams and illustrations to support your descriptions of stroke technique. In developing your resource file, you should refer to additional sources to the material covered in class. Beware of false sources found on the internet. It is strongly recommended that you refer to textbooks, peer-reviewed articles or published manuals from recognized sources (for example, the Red Cross or YMCA).

COURSE WORK GUIDELINES: In-Class participation

You are expected to:

- Wear appropriate swim attire: bathing suits, goggles and bathing caps. Women should wear one-piece suits.
- Show up on time and ready to participate.
- We are all here to learn, if you do not understand something, please ask!
- Be proactive and discuss all concerns with course instructor as they arise.

As stated above, students are expected to attend all classes. One (1/10) participation mark will be deducted for each hour of class missed. All absences are considered valid. **Any student that misses more than four hours of class will automatically fail the course.**