Alternative Assignment for Freshmen Swim Unit

Due Before the last day of the Swim Unit



Do a research project on a topic related to swimming or other aquatic activity. Ideas could include any of the following but are not limited to just these suggestions….

* + Swimming as a sport
  + Olympics
  + Records for swimming (IE fastest times, longest distance, etc.)
  + Fashion over the years in swim wear
  + Safety
  + As a form of exercise/workout
  + Types of strokes
  + Pool Etiquette
  + Different places to swim
  + Why it is important to know how to swim
  + Medical conditions that keep people from swimming

Your report can be a written essay….it should include a topic paragraph, 3 solid body paragraphs and a conclusion paragraph with any works cited used in your research and a visual aide to accompany your work.

You can do a power point presentation with a min. of 10 slides and a written summary of your information, along with a works cited page.

You can do a display board of your topic to present to the class at the end of the swim unit along with a written summary and works cited page.

You can come up with an original idea, just run it past your teacher first to get approval on your idea prior to starting.

Good luck and we look forward to seeing your work.

Missed a Day of swimming….Here is a make-up Assignment

Define the following terms in regards to swimming….

1. Anchor
2. Backstroke
3. Blocks
4. Deck
5. Dual Meet
6. Meters
7. Stoke
8. False Start
9. Heats

10.Kickboard



Missed a Day of swimming….Here is a make-up Assignment

Name: Date:

1. A stroke made in the prone position where both arms are lifted simultaneously out of the water and flung forward, in combination with the dolphin kick

A. Butterfly B. Flutter-kick C. Breaststroke D. Crawl

2. A stroke made in the prone position in which both hands move simultaneously forward, outward and rearward from in front of the chest, and the legs move in a frog-like manner

A. Dolphin kick B. Flutter-kick C. Medley D. Breaststroke

3. A stroke in which the swimmer is on his back performing a flutter-kick and rotating the arms alternately backward

A. Breaststroke B. Backstroke C. Flutter-kick D. Medley

4. An event where the swimmers may use any stroke they choose, which typically is the crawl

A. Dolphin kick B. Crawl C. Freestyle D. Butterfly

5. A kick, usually performed as part of the crawl, where the legs are held straight and moved up and down alternately

A. Breaststroke B. Flutter-kick C. Medley D. Butterfly

6. A start in which one or more swimmers leaves the blocks before the starting signal

A. False start B. Medley C. Flutter-kick D. Butterfly

7. A combination event in which a swimmer or relay team swims separate legs of backstroke, breaststroke, butterfly and freestyle

A. Medley B. Dolphin kick C. Breaststroke D. Backstroke

8. A kick where the legs are held together and moved up and down by bending and straightening them at the knee twice in quick succession

A. Crawl B. Butterfly C. False start D. Dolphin kick

9. A stroke made in the prone position characterized by alternate over arm movements and a continuous up-and-down kick

A. Backstroke B. Medley C. Crawl D. Freestyle

Missed a Day of swimming….Here is a make-up Assignment

Name: Date:

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**\_\_\_Oxygen**  **A…..**The portion of the central nervous system that is located within the skull.

**\_\_\_Heart B…..**A life-saving emergency procedure that involves breathing for the victim and applying external chest compression to make the heart pump.

**\_\_\_Circulation C…..**The movement of fluid through the body in a regular or circuitous course.

**\_\_\_Pulse**  **D…..**The muscle that pumps blood received from veins into arteries throughout the body

**\_\_\_Fibrillation**  **E…..**The odorless gas that is present in the air and necessary to maintain life.

**\_\_\_Airway F…..**The rhythmic dilation of an artery that results from beating of the heart.

**\_\_\_Resuscitation:**  **G…..**The procedure of restoring to life, as in cardiopulmonary resuscitation (CPR).

**\_\_\_Brain H…..**In cardiology, an abnormal and erratic twitching of the heart muscle

**\_\_\_Cardiopulmonary Resuscitation**   **I…..**The process of respiration, during which air is inhaled into the lungs through the mouth or nose due to muscle contraction and then exhaled due to muscle relaxation.

**\_\_\_Breathing**  **J…..**The path that air follows to get into and out of the lungs



Missed a Day of swimming….Here is a make-up Assignment

Name: Date:

How many Olympic Gold Medals does Michael Phelps have? \_\_\_\_\_\_\_

How many overall Olympic Medals does Michael Phelps have?\_\_\_\_\_\_\_\_\_

How many Olympic Gold Medals does Jenny Thompson have?\_\_\_\_\_\_\_\_

How many overall Olympic Medals does Jenny Thompson have?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Who holds the 50m freestyle Olympic record set in 2008 in Beijing, China?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What time did Ranomi Kromowidjojo swim in 2012 to set the Olympic 50m freestyle record?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What country holds the Olympic record for the men’s 4x100 medley relay?\_\_\_\_\_\_\_\_\_\_\_\_

What country holds the Olympic record for the women’s’ 4x100 medley relay?\_\_\_\_\_\_\_\_\_\_\_\_

Who is the first and only swimmer to represent the United States in five Olympic Games (1984, 1988, 1992, 2000 and 2008)\_\_\_\_\_\_\_\_\_\_\_\_\_\_

At age 41, who was the oldest swimmer ever to earn a place on the U.S. Olympic team?\_\_­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Missed a Day of swimming….Here is a make-up Assignment

Name: Date:

**Fill in the Blank.**

1. Freestyle and backstroke use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ kick.

2. Name the two strokes where the face is out of the water and the ears are in the water:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. The 4th most common cause of death from unintentional injury is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ kick is used when executing the elementary backstroke.

5. For safety reasons, no one should be diving into water \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in depth or less.

6. A kick that is not recommended for treading water is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ kick, because it expends too much energy from the body.

7. “Monkey, airplane, soldier” refers to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_stroke.

8. The highest drowning rates are with young adults ages \_\_\_\_\_\_ to \_\_\_\_\_\_, and

children under age \_\_\_\_\_\_\_.

9.Name a rule in the pool area.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10.You cannot go off of the diving board until the last person puts their \_\_\_\_\_\_\_\_\_\_\_\_on the side of the pool.

Missed a Day of swimming….Here is a make-up Assignment

Name: Date:

**True or False (write the word)**

1. \_\_\_\_\_\_\_\_\_\_\_\_ Your eyes should be above the water line and looking forward during the

prone glide.

2. \_\_\_\_\_\_\_\_\_\_\_\_ In the streamlined position, the arms and legs are fully extended and

the toes are pointed.

3. \_\_\_\_\_\_\_\_\_\_\_\_ The elementary backstroke sequence is: “monkey, airplane, soldier” or

“up, out, together.”

4. \_\_\_\_\_\_\_\_\_\_\_\_ Survival floating wastes energy and should not be used to wait in the water.

5. \_\_\_\_\_\_\_\_\_\_\_\_ Most drowning victims do not yell for help.

6.\_\_\_\_\_\_\_\_\_\_\_\_\_It is ok to jump in the 3 foot deep end of the pool.

7.\_\_\_\_\_\_\_\_\_\_\_\_\_You may not have food or glass in the pool area.

8.\_\_\_\_\_\_\_\_\_\_\_\_\_If you are not dressed you may leave 10 min. early.

9.\_\_\_\_\_\_\_\_\_\_\_\_\_To get your full credit you only need to sit on the side of the pool.

10.\_\_\_\_\_\_\_\_\_\_\_\_To pass the swim unit you must jump off of the diving board and touch

The bottom.