LESSON 1: RECREATIONAL ACTIVITIES

Recreation or recreational activities is a voluntarily participated by a person during his or her free and leisure time. Recreation is part of human's necessity and are part of one's need for enjoyment, amusement, or pleasure. It revitalizes one's mind and body in some ways especially after a day's work or school. Recreational activities are characterized as fun, enjoy and fulfilling engagement which provides relaxation and satisfaction needs of the person. Some of the recreational activities engaged by the most of individuals include walking, jogging, swimming, playing kites, biking, mountain hiking, dancing, playing card games, watching movies and many more.

Engaging in recreational activities can be beneficial to the person especially on the ***physical, mental, emotional, and social aspect.***

PHYSICAL HEALTH

Most of the recreational activities involve physical movements and skills. Engaging on these activities develops and maintains one's physical fitness. It also develops and improves one's skills in sports activities while enjoying it. Recreation also develops one's health status and well-being and preventing the development of illness like chronic and heart diseases, hypertension, and other related diseases to physical inactivity.

MENTAL AND EMOTIONAL HEALTH

Participating in recreational activities will also help the individual relax and refreshes one's mind and body from the personal and work-related stress. It also relieves the person from day-to-day tension. It also clears one's mind and lets one think for possible solutions to one's problem. It also improves the mood of the individual since all activities are fun, enjoying and satisfying. It gives an individual the time to oneself to enjoy engaging in the different recreational activities. Spending time to oneself enables you to discover and contemplate your inner self as well as getting your self more.

SOCIAL HEALTH

Recreational activities like ***basketball, volleyball, soccer, and other team sports*** helps create link and strong bonds with other players. It also boosts confidence towards other players. Family bonding also is another element that will be developed when individuals engages in recreational activities. It gives time to talk and share each other's feelings, emotions, and thoughts. Furthermore, participating in the recreational activities will open an opportunity for an individual to discover one's talents and abilities while achieving the sense of satisfaction, enjoyment and having fun.

CLASSIFICATION OF RECREATIONAL ACTIVITIES

The aim of engaging in recreational activities is to have fun, enjoyment and satisfaction while feeling relaxed and revitalized. In other hand, there are different activities that an individual can choose to participate. There are active and passive type of recreation that can be done both indoor and outdoor, namely;

INDOOR RECREATIONAL ACTIVITIES are done within the four walls of one's comfort zone may be at home, inside a gym, covered court or within the buildings. Examples: Chess, scrabble, playing video games, boxing, Zumba, and yoga.

OUTDOOR RECREATIONAL ACTIVITIES are undertaken in an open, natural space outside the four wall of the buildings and usually done in a large land area that is close to nature like mountains, natural parks or beaches.

BARRIERS TO PARTICIPATION OF RECREATIONAL ACTIVITIES

Recreational activities are meant to every to participate, however, there are barriers that limits the participation of the individuals. According to ***Ellis (1986)***, there are two major classifications of barriers to recreation: Personal and Environmental.

Personal Barriers

As the technological advances, it also provides convenience to the lives of the people by making their work easier. On the hand, the effect of technology has also exposed the people to become less physically active since they depend on the machines. People also have reasons or excuses to engage less in physical activities which lead them to live a sedentary life.

Environmental Barriers

There are lot of environmental factors, in which an individual live, that could affect one's level of physical activity. Among of these factors include the accessibility of walking paths, cycling trails, and the availability of recreation facilities. The socio-economic conditions such as traffic, availability of public transportation, crime and pollution may also have an effect. Aside from that, the social environment such as support from family and friends and community would also affect one's engagement in physical activities. The promotion and campaigns to have an active transportation, legislation for safer communities and the creation of new recreation facilities should be given priority to promote the engagement of physical activities among individuals.

LESSON 2: BASICS OF SWIMMING

Swimming is defined as an activity that involves the use of arms, legs, and body to propel oneself through the water. It is also the repetition of a specific body motion to move on the surface of water. Swimming is considered as form of exercise that develops one's cardiovascular fitness, improve one's muscular endurance and strength, and burns large number of calories. Swimming, as a physical activity, can be classified as low to heavy intensity but does not cause too many injuries since the water supports the weight of the body.

HISTORY OF SWIMMING

Swimming was an activity that began many years ago. It is a very old skill known and practiced by man itself. As early as ***900 B.C.***, evidence in the cave painting indicates picture of cave people swimming and as it is their means of survival. It is believed that written instructions in swimming was first given in ***Egypt as early as 1600 B.C.***

Among of the evidence which depict the swimming activities of the earliest people includes the Babylonian bas-reliefs and Assyrian wall drawing. These were found in the ***Kebir desert*** and are estimated to be about ***6,000 years old***. The ***Nagoda*** bas-relief shows the painting of swimmers which date back around ***5,000 years***. The Ancient tomb in Greece projecting the diving and swimming scenes is another clear evidence of the

existence of the said activity which date back ***2,500 years***. Written testament which is describes the early swimming falls within the past ***3,000 years***. Among of this written testament includes the ***Bible, the Illiad, the Odyssey, Beowulf, and other sagas***. The ancient civilization used to include swim in their pre-activities before they engaged in wars.

In the ***late 19th century***, swimming was organized as an amateur sport in several countries. The first modern society who develop swimming as a sport were the English people. By ***1837***, the modern competitive swimming began in London with several indoor pools. Swimming became more popular with development and improvement of the swimming pools. In ***1896***, swimming became part of the ***first Modern Olympic Games in Athens***.

"Human Crawl" or Dog Paddle was known as the earliest form of swimming stroke. From then, the stroke began to develop to other strokes which includes the side stroke, sideover arm and trudgen. The development of swimming competition led to the discovery of the other strokes allowing the swimmers to cover a shorter time. In ***1873, John Arthur Trudgen*** introduced the trudgen to Western swimming competitions. In 1902, the front crawl style was introduced in the ***Western world by Richmond Cavill***. ***In 1908***, the world swimming association, ***Fédération Internationale de Natation (FINA)***, was organized. ***In 1930***, ***butterfly stroke was developed and in 1952***, the first variant of breaststroke was discovered until it was accepted as a separate style.

In Philippines, swimming was first introduced and included in college physical education as subject in the ***late 1920's and early 1930's***. The first schools to have a swimming pool and included the swimming as part of the curriculum were the ***University of the Philippines*** and the ***Philippine Women's University***. These schools help competitive swimming meets and competition gradually increased. ***Women could participate*** in the national championship by ***1934***. Swimming became popular not only in competition but as well as part of physical fitness and therapy.

BENEFITS OF SWIMMING

Swimming as a physical activity is considered as one of the best forms of exercise made for all age groups allowing them to be emotionally and physically healthy. It also improves one's wellbeing. Learning to swim will not only engaged the swimmers to learn the different skills of swimming at the same time enjoy the following benefits;

Swimming is a skill design for safety and survival. Drowning is one of the most frequent reasons for death among individuals around the world. Learning how to swim allows the individual to save himself from such situation. Aside from that, swimming can be used to save others from the point of getting drowned.

***Swimming is a low-impact sport activity*.** Maintaining a physically active body is a must for everyone to consider. Achieving a physically fit body requires intensive and high impact exercise. However, not all individuals may not prefer to engage such activities and in the long run, age and health condition can be a hindrance. Swimming is a good activity that can be done in low, moderate or high intensity exercise. Individuals may not exert more effort in carrying the weight of the body during swimming since the body itself 90 percent buoyant.

***Swimming keeps the body healthy*.** Swimming allows the individuals to do an all body work out and thus offer a lot of health benefits. It can be a great aid in improving the overall balance of the body. Moreover, it allows the blood to circulate throughout the body. Making swimming as a regular activity can help an individual to enhance their focus and capability to retain memories. It also works one's body motor coordination making the individual to be more agile and flexible. It also stimulates the heart and improve the endurance.

***Swimming enhances one's psychological fitness*.** Engaging in swimming activities can also be a benefit to one's mental health. It helps improve one's mood and boost one's confidence.

***Swimming improves teamwork and individuality*.** Swimming in groups allows the individuals to give importance on teamwork. It also teaches important elements such as self-motivation and setting goals and working towards it.

***Swimming allows an individual to learn time management*.** One of the most valuable skills that an individual may learn from swimming is the time management. It can be learned when he or she engages in competitive swimming. This activity teaches the individual to be more vigilant in the time especially during practices and actual competition. For those students who are swimmers, this will allow them to learn the importance of time management.

***Swimming develops social aspect*.** Engaging in swimming activities allows the individual to be more socially active and opens opportunity to meet new friends. It promotes positive interaction to other individual who has the same interest.

***Swimming is a lifetime skill*.** Swimming is a skill that can be kept for a lifetime. It will help the individual to stay fit physical, mentally, emotionally and socially. It

minimizes disabilities and enhance quality in the old age. It can be practiced by an older adult with minimal risks of injury.

FACILITIES IN SWIMMING

Swimming Pool - are structure designed to hold water which allows the swimmers to swim and held other leisure activities. The standard size of the competition pools must be 50 by 25 m (164 by 82 ft) wide, divided into eight lanes of 2.5 m (8.2 ft) each, plus two areas of 2.5 m (8.2 ft) at each side of the pool. Depth must be at least 2 m (6.6 ft). Swimming pools come in two basic sizes namely (a) Short course pools which measures 25 m (27.3 yard) in length and (b) Long course pools measure 50 m (54.6 yard) in length.

Parts of a Swimming Pool:

Floaters – are floating plastic lanes marker used to separate the lanes, turbulence and serves as a guide for the swimmers to swim in a straight line.

Lane line – serves as a visual reference to the swimmers when swimming while keeping their heads down. It is painted on the bottom.

"T"-Line – are used to signal the swimmers on their distance away from the wall and serves as a mark before they make their turns or their finish.

Backstroke Flag – are line of flags that are strung across the width of the pool which provides information to backstroke swimmers and placed 5 meters away from the starting blocks.

Starting Blocks/ Platform – serves as a starting point for each swimmer especially in freestyle, breaststroke and butterfly style. These blocks are 75cm (30 in) above the surface of the water. Backstroke swimmers start in the water by holding on to the side of the pool in a crouched position and then lunging backward away from the wall.

Timing Pad – is an electronic timing device used to record how long each swimmer takes to complete the course. It starts when the starter's horn will be sounded.

EQUIPMENT IN SWIMMING:

a. ***Kickboards*** – are buoyant boards that helps the swimmer improve their kicking techniques. Swimmers can use the kickboards to rest their arms and keep their upper body afloat.

b. ***Pull-buoys*** – are made from Styrofoam and used to develop the upper part of the body. The legs will be immobilized, and swimming is done by the upper part of the body.
c. ***Hand pads*** – are small firm boards fitted over the hands to aid the swimmers to pull their arms through the water correctly.
d. ***Swimming fins*** – are worn on the feet to let the swimmers develop proper body positioning and kicking power.
e. ***Swim suits / trunks*** - are made of materials such as lycra or spandex that clings tightly to the swimmer creating water resistance at the same time allows a free range of motion.
f. ***Swim cap*** - are made from rubber, latex or cloth that helps reduce the resistance a swimmer may encounters when moving through the water.
g. ***Swimming goggles*** – allows the swimmers to see better under water while protecting them from possible eye irritation caused by chlorine and other harmful chemicals or objects in the pool water.
h. ***Ear plugs and nose clips*** – prevents the penetration of water to the swimmer's ears and nose so as preventing them from getting injured.

LESSON 3:

Learning how to swim starts with the basic skills. These fundamentals are to be learned first as a prerequisite to the competitive swimming styles. These strokes started with the earliest form of swimming stroke which is ***the human crawl or human stroke*** then later was named as ***dog paddle***. This stroke evolves into another form of strokes namely the ***sidestroke, side-over arm, and trudgen***. It became more developed and could covered a greater distance in a shorter time as the swimming competition increased.

The swimming strokes are classified into two: **(a)** ***Competitive strokes and*** **(b)** ***Survival/ Resting strokes***. Under competitive strokes includes the ***freestyle, back stroke, breaststroke*** *and* ***the butterfly stroke***. The ***Elementary Backstroke, Side Stroke and the Trudgen Stroke*** belongs to the ***Survival / Resting Strokes.***

BOBBING or Blowing Bubbles Bobbing is the process of submerging one's head and body, exhaling the oxygen underwater creating a bubble and breathing in or inhaling above the water surface. This activity helps the swimmer to improve his or her breathing technique and recover the loss of oxygen after the strenuous activity performed.

Glide or Gliding is a technique that helps the swimmer get used to the sensation of moving through the water headfirst. It happens before starting a stroke, between a stroke or after a flip turn or at the end of the lap. Correct gliding technique maximizes the swimmer's ability to maintain momentum while preparing for the next stroke. Proper gliding technique can improve over-all swimming rhythm and increase the rate of swimming strokes, providing an effective cardiovascular workout.

FLOATING is the ability to stay still on the water surface with certain parts of the body. Learning how to float will equip the swimmers to roll their back and stay at the water's surface allowing them to breathe and recover. Floating also helps the swimmer to recharge their energy and decreases the chances of drowning from physical exhaustion.

Kinds of Floating:

1. ***Horizontal Back Float*** - Start by lying on your back. Try adjusting your head and lift your chin to make you comfortable while lying on your back. Position your arm properly. Position your back slightly (arch position). Lift your chest. Bend your knees and slowly move your arms and legs.

2. ***Deadman's Float*** - Position your body in Prone lying head face down the water. Minimize the leg movement and if possible, stay afloat with your natural buoyancy. Lift your head to breath and position back to floating.

3. ***Starfish Float*** - This is the most relaxing of all kinds of float. Position your arms and legs like a starfish and maintain it.

4. ***Jellyfish Float*** - Start the float by holding your ankles with your hands. Bend down your head near your knees until you float like a buoy. Do this position in ten seconds.

5. ***Turtle Float*** - Knees are raised to the chest and encircled by the arms. Before submerging your body, take a deep breath and wrap both arms to one's knees. Wait until the body bobs and float to the water surface.

WATER TREADING is an aspect of swimming involving the swimmer to stay afloat in vertical position in the water while keeping his or her head above the water surface. It uses different kicks and hand movements to allow the swimmer stay afloat. The most common form of water treading is the "Egg Beater" which signifies the circular movement of the legs that resembles the movement of an eggbeater. This movement allows the swimmer to be steady in the water while keeping his or her head up.

DOG PADDLE is a simple swimming style that is characterized using hands and legs alternately in a way that a swimmer imitates the movement of a swimming dog. It is considered as the first swimming stroke used by ancient people as appeared in the Prehistoric cave paintings. This stroke is first taught to children who are learning how to swim. Dog paddle is also taught to the military when a silent stroke is needed.

LEG MOVEMENT

In swimming, the leg movement is one of the important aspects to consider. If a swimmer performs it poorly, this can lead to injuries. Among of these leg movements used in swimming strokes include:

1. *Scissor Kick*

A movement that helps the swimmer propel through the water. This leg movement requires only a simple opening and closing of one's leg. To effectively perform this with momentum, one must straighten his or her legs while kicking. Open your straightened legs to create a "V" shape, then close them sharply so that they will be parallel with the other leg. Repeat the same procedure. Scissor kick is an effective way to move through the water with the synchronized movement of the arms.

2. *Flutter Kick*

Flutter kick is a movement used both in swimming and calisthenics. It is used in swimming strokes like the freestyle and backstrokes. Its primary purpose is not to keep your body afloat or for propulsion but to keep the legs up and shadow the upper body while assisting the arm strokes. In this kicking technique, the legs are extended straight backwards in line with the body. They are moved up and down, one leg kick downwards as the other leg moves up. The knees are slightly bent to facilitate the kicking action. To perform it better, toes should be pointed to minimize the drag.

3. *Dolphin Kick*

Dolphin kick is a swimming kick mainly for butterfly stroke in which the legs are extended straight back and move up and down in unison with a slight bend in the knees on the upward movement. The movement of the legs are rather simple. It becomes complicated when you integrate it with the undulation of the body that is the heart of the butterfly stroke.

COMMON INJURIES IN SWIMMING

Swimming offers a pleasant and enjoyable experience to swimmer but, could be also a threat since there are possible hazards in the said activity. These threats are associated with the swimming area and with the way swimmers swim on it. Some of these injuries include panic, exhaustion, cramps, dehydration and drowning. These injuries and accidents may happen in an unexpected time and circumstance while swimming.

> ***Panic*** refers to the sudden overwhelming feat that incapacitate a person to self-help. Most panic happens due to fear of drowning and may also associated with other conditions such as exhaustion, cramps, and injuries. It usually happens to the beginners who are just learning how to swim and to those skilled swimmers who are affected by a condition. When swimming, a swimmer must be always prepared and confident in the water.

Exhaustion is defined as the loss of energy and the inability of the body to execute movement to keep afloat and make progress through the water. It is a condition that is associated with overtired from performing physical activities, overexertion and reaction to cold water.

Cramps is usually caused by fatigue, cold and overexertion during a physical activity. It occurs mostly in the foot, calf of the leg, or in the hands. Most of the cramps affects the muscles to suddenly contract into tight, like a hard knot, which incapacitates a person to move that affected part of the body. The painful effects of cramps may also lead to other dangers such as panic and even drowning if it occurs instantly. To prevent these things to happen, a good warm-up and stretching is needed before the actual swimming. When the cramp is in the leg or foot, the swimmer should roll to a facedown position in the water, with lungs fully inflated, to extend and massage the affected muscles. When the cramp is released, the person should swim back to a safe place using alternative movement other than the affected part.

Dehydration occurs when there is a loss of water and fluids in the body. When there is too much loss of water from the body, the organs, cells and tissues fail to function and might lead to complications. In worst case, dehydration can cause shock when not treated properly.

Drowning is simply defined as the suffocation in the water. It happens when a swimmer will have trouble in breathing after the water gets into the airways.

LESSON 4: COMPETITIVE SWIMMING AND SURVIVAL SWIMMING STROKES

COMPETITIVE SWIMMING STROKES

A. ***Front Crawl (or Freestyle Stroke)*** - is the ***fastest*** of the competitive swimming strokes.
B. ***Breaststroke*** - is the ***most popular*** swimming stroke of all.
C. ***Butterfly Stroke*** – is the second fastest swimming stroke and is quite exhausting.
D. ***Backstroke*** - is the only one of the four competitive strokes that is swum on the back.

SURVIVAL/ RESTING STROKES

A. ***Side Stroke*** -is an older swimming stroke that is swum on the side. It uses a scissor kick and asymmetrical underwater arm movements.
B. ***Elementary Backstroke*** – a swimming stroke where you swim on your back, using a frog kick/whip kick along with simple symmetrical underwater arm movements.
C. ***The Trudgen or Trudgeon Stroke*** - is an older precursor of the front crawl. It basically consists of a combination of the front crawl arm stroke with a scissor kick.

FITT PRINCIPLES
Utilizing the FITT principles in the swimming activity will surely help an individual achieve and improve his or her physical fitness.

Frequency – refers to how often you will exercise. An individual should balance the exercise that he or she will engage to reduce physical stress and to attain rest and promote body repair.
Intensity – is the amount of work and effort you put in during the exercise or activity. Like frequency, this principle requires a good balance. One must strain the body, but not too hard that would result to overtraining, injury or burnout results.
Time – refers to how long an individual work out for. The length of the workout session is often dependent on the type of exercise and the intensity of it.
Type – refers to the variety of exercise an individual may choose. It's either anaerobic or aerobic. It also refers to the specific exercise that an individual may like to complete.

LESSON 5: COMPETITIVE SWIMMING EVENTS

BACKGROUND OF COMPETITIVE SWIMMING
Competitive swimming notably started when it was included in the modern ***Olympic Games in 1896***. During that time, the Olympic events was solely participated by men until ***1912*** when the women's event was added. Before the formation of the ***FINA***, there were unusual swimming events that were included. For example, on ***1900***, the swimming events were held on the ***Seine River in France*** and a 200-meter obstacle race involved climbing over a pole and a line of boats and swimming under them. Soon these oddities disappeared after the governing body of swimming (FINA) took over. Under the new regulations of FINA that time, swimming races lengths came increasingly to be measured in

meters. In ***1969***, the world records for yard-measured races were stopped. The kinds of strokes allowed in the race was reduced to four (4) strokes namely: ***freestyle (crawl), backstroke, breaststroke*** and ***butterfly***. These four strokes were used in the Individual Medley (IM). As time passed by, many nations have dominated Olympic and world competition including ***Hungary, Denmark, Australia, Germany, France, Great Britain, Canada, Japan, and the United States.***

SWIMMING EVENTS

In the 2020 Games in Tokyo, there have been a total of 35 swimming events in the pool, 17 events for both men and women, and a 4 x 100 meter medley relay mixed. The other swimming event at the Olympics is the marathon 10km open-water swimming race for men and women.

OTHER RELATED AQUATIC ACTIVITIES

1. **Diving** – is the sport of jumping or falling into water from a platform or springboard, sometimes while performing acrobatics.

Fundamentals of Diving:

a. Kneeling Dive
b. Compact Dive
c. Stride Dive
d. Standing Dive

Positions of Dive

1. ***Pike*** – This position is when the body is bent only at the hips, with legs straight and arms and head by their ankles. This position has a smaller radius than the straight position, making somersaulting easier.
2. ***Tuck*** – The body is bent at the hips and the knees, creating the smallest radius possible. This position has the largest possible angular acceleration and therefore the greatest number of somersaults in possible in the tuck position.
3. ***Straight*** – This position is when a diver's body is as fully extended and rigid as possible. Because it has the greatest possible radius, the fewest somersaults are possible.
4. ***Free*** – This position is a combination of the three above positions, used only in twisting dives where multiple positions are required at different parts of the dive. While somersaulting, the dive may be tuck or pike; while twisting, the body must be straight.

2. ***Fishing*** – is an act of catching fish either from freshwater or saltwater, - typically with the used of rod, line, and hook for consumption. Fishing is as old as the human ability to use tools to capture prey.

3. ***Boating*** – is the leisurely activity of travelling by boat , or the recreational use of a boat whether power boats, sail boats, or yachts (large vessels), focused on the travel itself, as well as sports activities, such as fishing or water skiing.
4. ***Water Skiing*** – is a sport where an individual is pulled behind a boat or a cable ski installation on a body of water, skimming the surface.
5. ***Scuba diving*** – **"SCUBA"** an acronym for ***Self Contained Underwater Breathing*** Apparatus, is a form of underwater diving in which a diver uses a scuba set to breathe underwater for recreation, commercial, or industrial reasons.
6. ***Snorkeling*** – is the practice of swimming on or through a body of water while equipped with a diving mask, a shaped tube called a ***snorkel***, and usually swim fins. Swimming on the breast using a snorkel usually in combination with masks and fins. Any stroke on the breast can be used and there is no need to lift or turn the head for breathing.