PDP WF 104 Rowing, Beginning

Instructor: Matt Hanig
Email: mhanig@bu.edu
Meets twice per week: 1.0 Credit

Course Description:
Prereq: Successful completion of the Boating Swim Test. The fundamentals of rowing and coxing are taught first in the training "barge" and potentially in an eight-oared shell dependent on the classes progress. Meets for approximately eight weeks.

Required Equipment:
Athletic clothing, hat, sunglasses, water bottle, note pad, pen, and a great attitude. Please be prepared for outdoor sessions with conditions varying from bright and sunny, to rain, to cold and windy.

Course Goals:
To learn the fundamentals of rowing indoors on the ergometer, the training barge, sculling tubbies, and potentially in the 8+ rowing shells dependent on the groups progress at the instructor’s discretion.

Grading Policy:
This class will be graded Pass/Fail, based on attendance. Please visit the Registrar’s website often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU – Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

F – Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances, such as violating the BU student code of conduct.

Attendance Policy & Make-Up Classes:
Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 2
absences. If you have more than 2 absences, you will need to arrange to make up the classes you have missed with the class on the alternate day (sessions are Tu/Th or M/W). You can do this by the last day of PDP Rowing during the fall term.

**Blackboard, FitRec Website & Course Evaluation:**
A Blackboard course site may be available for this class online at [http://www.learn.bu.edu](http://www.learn.bu.edu) and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec’s website: [http://www.bu.edu/fitrec/about/physical-education/](http://www.bu.edu/fitrec/about/physical-education/)

Course evaluations will be sent via email at the end of the semester. Please take the time fill these out – your feedback is very important to us!

**Student Conduct:**
Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

**Schedule:**

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<tr>
<th>Week 1</th>
<th>Introduction to rowing, basic terminology, boathouse tour, and erging technique</th>
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<tbody>
<tr>
<td>Week 2</td>
<td>Review basic terminology and erging technique, barge introductions, and sweep technique</td>
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<tr>
<td>Week 3</td>
<td>US Rowing Safety video, Rowing in the barge, focus on technique, and building fitness</td>
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<tr>
<td>Week 4</td>
<td>traffic pattern, Rowing in the barge, focus on technique, and building fitness. Introduction to sculling &amp; Tubbies</td>
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<td>Week 5</td>
<td>Continue to build technique and fitness. Rowing on ergs, barge &amp; tubbies.</td>
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<tr>
<td>Week 6</td>
<td>Continue to build technique and fitness. Rowing on ergs, barge &amp; tubbies. Introduction to rowing in shells (Instructors discretion)</td>
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<tr>
<td>Week 7</td>
<td>Continue to build technique and fitness. Rowing on ergs, barge &amp; tubbies. Introduction to rowing in shells (Instructors discretion)</td>
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<tr>
<td>Week 8</td>
<td>Continue to build technique and fitness. Rowing on ergs, barge &amp; tubbies. Introduction to rowing in shells. Racing &amp; Course Wrap-up</td>
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