EASTERN ILLINOIS UNIVERSITY
COLLEGE OF EDUCATION AND PROFESSIONAL STUDIES
DEPARTMENT OF KINESIOLOGY AND SPORTS STUDIES

KSS 1400 Beginning Swimming

INSTRUCTOR: Mrs. Schuette

OFFICE: 2241 Lantz OFFICE PHONE: 217-581-7584
EMAIL: slschuette2@eiu.edu OFFICE HOURS: MW 10-11am & TR 8-9am or by appointment

I. **COURSE DESCRIPTION**: KSS 1400- Intermediate Swimming American Red Cross, "Learn to Swim, Level III"

II. **COURSE OBJECTIVES:**

A. To review and improve ability to perform beginning water adjustment skills.
B. To learn or improve skills in the five basic swimming strokes: Front Crawl, Back Crawl, Elementary Back Stroke, Side Stroke, and Breast Stroke.
C. To acquire or improve ability to perform special aquatic and special water activities.
D. To develop skills and endurance for swimming distances to help with the improvement of cardiorespiratory fitness.

III. **COURSE CONTENT:**

A. Demonstrate the course skill prerequisites.
B. Instruction and practice of five basic strokes.
C. Diving and underwater swimming.
D. Learn special water skills and games.

IV. **EVALUATION:**

A. Attendance and Participation: 90 points (3 pts/day)
B. Endurance Swims: 83 points (each endurance swim is worth the time of the swim)
C. Skill Performance: 30 points
D. Teaching Assignment: 20 points
E. Final Exams: 20 minute Endurance Swim (20 pts) & Written Exam (20 pts)
F. All excused Absences must be accompanied with appropriate paperwork.

Grade Scale: 258-233 = A 232-207 = B 206-181 = C 180-155 = D 154 & Below = F

V. **COURSE REQUIREMENTS & EXPECTATIONS:**

A. Be prepared to swim everyday and perform required water skills.
B. Class attendance and in-pool participation are required to pass the course.
C. Your work is due on the DUE DATE. Work will not be accepted after the due date!
D. See instructor for foreseeable excused absences or immediately following your absence.
E. Cell phones may be used for emergencies only; points will be deducted if used otherwise.
F. PROFESSIONALISM IS EXPECTED AT ALL TIMES!!

VI. **Disability Statement:** If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).

Student Success Center

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (www.eiu.edu/~success) for assistance with time management, test taking, note taking, Avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.