

**EASTERN ILLINOIS UNIVERSITY**  
Department of Kinesiology and Sport Studies

**BEGINNING SWIMMING**  
**KSS 1400**

**INSTRUCTOR:** Kathryn Hussey (kahussey@eiu.edu)  
**OFFICE:** Lantz 2203  
**OFFICE HOURS:** MTR: 2-3:30, M: 10-10:50  
**TELEPHONE:** 217-581-7585

**I. COURSE DESCRIPTION:** PED 1400- Beginning Swimming

**II. COURSE OBJECTIVES:**

- A. To review and improve ability to perform beginning water adjustment skills; i.e., bobbing, floating, and breath control.
- 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 develop skills and endurance for swimming distances to help with the improvement of cardiorespiratory fitness.
- D. To learn personal water safety skills.

**III. COURSE CONTENT:**

- A. Water adjustment skills.
- B. Instruction and practice of five basic strokes.
- C. Diving and underwater swimming.
- D. Fitness swimming and games.

**IV. EVALUATION:**

- A. Attendance and Participation: 145 pts (5 pts/day x 29 days)
- B. Skill Performance: 60 pts (20 Skills @ 3 pts/skill)
- C. Game Assignment: 10 pts.
- D. 15 minute Endurance Swim 25 pts.
- E. Written Exam 25 pts.

**A = 90% B = 80% C = 70% D = 60% F = <60%**

**V. COURSE REQUIREMENTS:**

- A. Appropriate swim suit.
- B. Performing required skills.
- C. Class attendance and in-pool participation is required. To improve your swimming skills, you must swim!!

**NOTE: You are allowed 2 unexcused absences. Each unexcused absence after that will be a 10 point deduction from your final grade.**

**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).**