

EASTERN ILLINOIS UNIVERSITY
College of Education and Professional Studies
Kinesiology and Sports Studies Department
Fall 2009
PED 1400 002– Beginning Swimming

INSTRUCTOR INFORMATION

Name: Hasan Fehmi Mavi

Office: McAfee 1413

Office Hours: TTR. 12:00-13:00p.m.- Wed.14:00-16:00p.m.

Or By appt.

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COURSE INFORMATION

Location: Lantz 2485

Day: MW

Hours:11:00-11:50

Course Description

American Red Cross, Learn-to-Swim Level III: **Stroke Development** will be the focus of this course.

Course Learning Outcomes

Key Elements of Level III

- Jump into deep water from the side
- Demonstrate a head-first entry from the side in a sitting or kneeling position
- Submerge and retrieve an object (independently) from chest-deep water (3 seconds)
- Bob with head fully submerged, in chest-deep water (5 times)
- Demonstrate rotary breathing with body in a horizontal position (5 times)
- Demonstrate a front glide using 2 different kicks (2 body lengths)
- Demonstrate a survival float in deep water (30 seconds)
- Demonstrate a back glide using 2 different kicks (2 body lengths)
- Demonstrate a back float in deep water (30 seconds)
- Change from a vertical to a horizontal position on front
- Change from a vertical to a horizontal position back
- Tread in deep water, using hand and leg movements (30 seconds)
- Demonstrate each stroke for the following distance:
 - o Front crawl (15 yards)
 - o Back crawl (15 yards)
 - o Breast stroke—kick and body motion (15 feet)
- Discuss general water safety rules
- Discuss rules for safe diving
- Enter the water independently using ladder, steps or side while wearing a life jacket
- Demonstrate the H.E.L.P. position (1 minute)
- Demonstrate the huddle position (1 minute)
- Demonstrate a reaching assist
- Discuss Check-Call-Care

Text

Optional (American Red Cross, Swimming and Diving, may be used as a reference).

RULES AND REGULATIONS

Attendance: Students are expected to attend class meetings as scheduled. When an absence does occur, the student is responsible for the material covered during the absence. When possible, the student should notify the instructor in advance of an anticipated absence. All EIU academic rules and regulations should be followed for this class. Please refer to EIU catalog for academic integrity, class attendance, etc.

<http://catalog.eiu.edu/content.php?catoid=16&navoid=372>

Late Assignment

Students are expected to turn in all assignments on time. The following guidelines will be used for late assignments: 1 day late = - 25%; 2 days late = -50%; 3 days late = -75%; 4 days = -100%

Special note

If you have a documented disability and wish to receive academic accommodations, then please contact the coordinator of the Office of Disability Services (581-6583) as soon as possible.

Learning Activities	Points	Due	Activity Description
Warm-up Leader	10pts	Varies	Lead your classmates for 10-min warm-up at the beginning of class. Try to be original/creative in terms of warm-up activities. It should include stretching and aerobic activities.
Teaching Assistant	10pts	Varies	Help your instructor to conduct the class. Supervise and provide feedback to your classmates during activities.
Aquatic Games	10pts	Varies	Prepare an aquatic game that we can play. Provide one page written document for your instructor including your name and date, name of the activity, equipment needed, rules and directions of the game, and safety concerns.
Lecture Quiz	2@5pts=10pts	See course outline	There will be two unannounced quizzes in this class to assess student understanding of swimming skills and safety rules.
Skill Tests	3@5pts=15pts	See course outline	There will be 3 skill tests in this course: front stroke, elementary back stroke, back stroke, sidestroke, and breast stroke. Instructor will use a checklist to evaluate the key elements of the skills. Sample skill checklists are available on the class blog. Make-up skills tests will not be permitted for unexcused reasons.
Class Participation	20pts		All students are required to participate in class activities. Class participation includes arriving to class on time, participating in warm-up and cool-down, practicing the skills, and staying in the class area until class is dismissed. Excellent attendance/participation

			record is equal to 20 points. You are allowed 1 unexcused absence . Every unexcused absence will result 10 point deduction. Six unexcused absences constitute an "F" for the course.
Final Skill Test	30pts	Dec.16th	Successfully complete the following exit skills assessment: <u>Minimum Criteria</u> *Jump into chest-deep water from the side (5pts), swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (15pts), *Maintain position by treading or floating for 30 seconds (10pts) and swim back crawl for 15 yards (15pts). Make up in-class activities (skill test, quizzes etc.) will not be given without a doctor's note/excused absence from the dean.
Extra Credit	5pts	Varies	Locate an internet resource (video, homepage, podcast, etc.) related to swimming and swimming safety and describe it in terms of importance. Post it in our WebCT that your classmates can benefit viewing the resource.

Evaluation

Warm-up Leader	10pts
Teaching Assistant	10pts
Aquatic Games	10pts
Skill assessment	(3 @ 5pts)=15pts
Lecture Quizzes	(2@5pts)=10pts
Class Participation	20pts
Final Skill Assessment	30pts
Extra Credit	5pts

Evaluation Scale

A = 100 - 90
B = 89 - 80
C = 79 - 70
D = 69 - 60
F = 59 points and below

TENTATIVE COURSE OUTLINE

Weeks	Days	Readings/Exams/Assignments/Imp. Days
Week 1 Aug. 24 - 28	Aug. 24	First Class Day - Introductions and syllabus
	Aug. 26	Beginning water adjustment skills
Week 2 Aug. 31 – Sept. 4	Aug. 31	Beginning water adjustment skills
	Sept. 2	Beginning water adjustment skills
Week 3 Sept. 7 - 11	Sept. 7	Labor Day Observance/No Classes
	Sept. 9	Front Crawl
Week 4 Sept. 14-18	Sept. 14	Front Crawl
	Sept. 16	Front Crawl
Week 5 Sept. 21 - 25	Sept. 21	Front Crawl, Skill Assessment #1
	Sept. 23	Elementary Back Stroke
Week 6 Sept. 28 – Oct. 2	Sept.28	Elementary Back Stroke, Quiz 1
	Sept. 30	Elementary Back Stroke
Week 7 Oct. 5 -9	Oct. 5	Elementary Back Stroke, review
	Oct. 7	Elementary Back Stroke
Week 8 Oct. 12 - 16	Oct. 12	Back Crawl
	Oct.14	Back Crawl
Week 9 Oct. 19 - 23	Oct.19	Back Crawl
	Oct. 21	Back Crawl, review
Week 10 Oct. 26 - 30	Oct. 26	Back Crawl, Skill Assessment #2
	Oct.28	Side Stroke
Week 11	Nov. 2	Side Stroke

Nov. 2 - 6	Nov. 4	Side Stroke
Week 12 Nov. 9 - 13	Nov. 9	Side Stroke, review, Quiz 2
	Nov. 11	Side Stroke
Week 13 Nov. 16 - 20	Nov. 16	Breast Stroke
	Nov. 18	Breast Stroke
Week 14 Nov. 23 – 27	Nov. 23 - 27	Thanksgiving Break
Week 15 Nov. 30 – Dec. 4	Nov. 30	Breast Stroke, Skill Assessment #3
	Dec. 2	Breast Stroke
Week 16 Dec. 7 - 11	Dec. 7	Breast Stroke, review
	Dec. 9	Review and practice all your skills
Week 17 Dec. 14 - 18	Dec. 14 - 18	Final Examinations-- Final Skill Test http://www.eiu.edu/~registra/fafinals.html Wednesday, Dec. 16; 10:15-12:15 pm