

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

KSS 1410 Intermediate Swimming

INSTRUCTOR: Mrs. Sonya Schuette

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OFFICE HOURS: M 11-12, T 10-11, R 9-11

I. COURSE DESCRIPTION: PED 1410- Intermediate Swimming American Red Cross, "Learn to Swim, Level IV"

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: 150 pts/semester (5 pts/day)
- B. Skill Performance: 40 pts/semester
- C. Teaching Assignment: 10 pts
- D. Final Exams: 30 pts~ 20 minute Endurance Swim(10 pts)Written Exam (20 pts)
- E. You are allowed 2 unexcused absences. On the following class absences your letter grade will drop:

<b>(3<sup>rd</sup> day results in drop of one letter grade)</b>	<b>230-207 = A</b>
<b>(4<sup>th</sup> day results in drop of two letter grades)</b>	<b>206-184 = B</b>
<b>(5<sup>th</sup> day results in drop of three letter grades)</b>	<b>183-161 = C</b>
<b>(Miss six classes and fail the course)</b>	<b>160-138 = D</b>
	<b>137 &amp; Below = F</b>

V. COURSE REQUIREMENTS:

- A. Appropriate swim suit and performing required skills will be necessary.
- B. Class attendance and in-pool participation is required to pass the course.
- C. Cell phones may be used for emergencies only; points will be deducted if used otherwise.

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).**