

EASTERN ILLINOIS UNIVERSITY
Department of Kinesiology and Sport Studies

KSS 1400 - BEGINNING SWIMMING

INSTRUCTOR: Kathryn Hussey
OFFICE: Lantz 2203 **OFFICE HOURS:** MTWR: 2-3:30 pm
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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: 150 pts (5 pts/day x 30 days)
- B. Skill Performance: 60 pts (20 Skills @ 3 pts/skill)
- C. Game Assignment: 10 pts.
- D. Final Exam Consists of 15 minute swim: 15 pts.
(given during finals week) and Written Exam: 25 points

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 1 unexcused absence. Each unexcused absence after that will be a 10 point deduction from your final grade. 6 unexcused absences result in failing the class!

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).

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](tel:217-581-6696), or go to 9th Street Hall, Room 1302.

