

**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: MW 1-2pm & TR 8-9am or
by appointment

I. COURSE DESCRIPTION: KSS 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. All excused Absences must be accompanied with appropriate paperwork. You are allowed 2 unexcused absences. On the following class absences your letter grade will drop:

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

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).

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.