

EASTERN ILLINOIS UNIVERSITY
College of Education and Professional Studies
Kinesiology and Sports Studies Department
Spring 2010
KSS 1410 01– Intermediate Swimming

INSTRUCTOR INFORMATION

Name: Hasan Fehmi Mavi
Office: McAfee 1413
Office Hours: M&W 1:00-2:00pm;T&H 2:00-3:00pm
Or By appointment.
Phone: 5817590
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COURSE INFORMATION

Location: Lantz 2485
Day: MW
Hours:11:00-11:50

WEBCT WILL INCLUDE ALL LECTURE DOCUMENTS INCLUDING SYLLABUS, HANDOUTS, ETC.

Course Description

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

Course Learning Outcomes

Key Elements of Level IV

- Demonstrate a dive from a compact or stride position on the side of the pool
- Swim underwater (3 body lengths)
- Demonstrate a feet-first surface dive and submerge completely
- Demonstrate a survival float in deep water (1 minute)
- Demonstrate a back float in deep water (1 minute)
- Demonstrate an open turn using any stroke on front and push off in a streamlined position
- Demonstrate an open turn using any stroke on back and push off in a streamlined position
- Tread water using a modified scissors, breaststroke or rotary kick and sculling arm motions (1 minute)
- Demonstrate each stroke for the following distances:
 - Front crawl–25 yards
 - Back crawl–25 yards
 - Butterfly– 15 yards
 - Breaststroke–15 yards
 - Elementary backstroke–15 yards
- Swim on side using scissor-like kick–15 yards
- Discuss rules for safe diving
- Demonstrate a compact jump from a height while wearing a lifejacket
- Demonstrate a throwing assist
- Demonstrate how to care for a conscious choking victim

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 (See class participation).

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>

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.

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

Evaluation		Evaluation Scale
Skill assessment	(5 @ 4pts)= 20pts	A = 100 - 90
Lecture Quizzes	20 pts	B = 89 - 80
Class Participation	(30days@.5pts)= 15 pts	C = 79 - 70
Attendance	10 pts	D = 69 - 60
Teaching Day	15 pts	F = 59 points and below
Final Skill Assessment	20 pts	

Skills Tests: There will be 5 skill tests in this course: front crawl, elementary back stroke, back stroke, sidestroke, and breast stroke (optional, butterfly). Instructor will use a checklist to evaluate the key elements of the skills.

Make-up skills tests will not be permitted for unexcused reasons.

Lecture Quiz: There will be unannounced quizzes in this class to assess student understanding of swimming skills and safety rules.

Class Participation: 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 **10 points**. **You are allowed 1 unexcused absence.** Six unexcused absences constitutes an "F" for the course (two tardies = 1 absence). Every unexcused absence will result 10 point deduction.

Teaching Day: Your teaching day will include two parts: **1. Warm-up:** Each student will lead the class during 8-10 min warm-up. Try to be original/creative in terms of warm-up activities. It should include stretching and aerobic activities. **2. Aquatic Game:** Prepare an aquatic game that we can play.

Provide one page written document for your instructor including your name and date, warm-up activities, name of the aquatic activity/game, equipment needed, rules and directions of the game, and safety concerns.

Final Skill Test:

Successfully complete the following exit skills assessment:

1. Perform a feet-first entry into chest deep water, swim front crawl for 25 yards, maintain position on back for one minute in deep water (floating or sculling), and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Make up in-class activities (skill test, quizzes etc.) will not be given without a doctor's note/excused absence from the dean.

TENTATIVE COURSE OUTLINE

Week	Days	Activities
Jan. 11-15	Jan. 11	First Class Day - Introductions and syllabus
	Jan. 13	Beginning water adjustment skills
Jan. 18-22	Jan. 18	M.L. King's Birthday Observed/No Classes
	Jan. 20	Beginning water adjustment skills
Jan. 25-29	Jan. 25	Front Crawl
	Jan. 27	Front Crawl
Feb. 1-5	Feb. 1	Front Crawl
	Feb. 3	Front Crawl, review
Feb. 8-12	Feb. 8	Front Crawl, Skill Assessment #1
	Feb. 10	Elementary Back Stroke
Feb. 15-19	Feb. 15	Elementary Back Stroke
	Feb. 17	Elementary Back Stroke, review
Feb. 22-26	Feb. 22	Elementary Back Stroke, Skill Assessment #2
	Feb. 24	Back Crawl
Marc. 1-5	Marc. 1	Back Crawl
	Marc. 3	Back Crawl
Marc. 8-12	Marc. 8	Back Crawl, review
	Marc. 10	Back Crawl, Skill Assessment #3
Marc. 15-19	Marc. 15	Spring Break
	Marc. 17	Spring Break
Marc. 22-26	Marc. 22	Side Stroke
	Marc. 24	Side Stroke, review
Marc. 29-Apr.2	Marc. 29	Side Stroke, Skill Assessment #4
	Marc. 31	Breast Stroke
Apr. 5-9	Apr. 5	Breast Stroke
	Apr. 7	Breast Stroke, review
Apr. 12-16	Apr. 12	Breast Stroke, Skill Assessment #5
	Apr. 14	Butterfly
Apr. 19-23	Apr. 19	Butterfly
	Apr. 21	Butterfly
Apr. 26-30	Apr. 26	Butterfly
	Apr. 28	Butterfly
May 3-7		Final Examinations- http://www.eiu.edu/~registra/spfinals.html Tuesday, May 4, 2010, 12:30-2:30 pm