

EASTERN ILLINOIS UNIVERSITY
COLLEGE OF EDUCATION AND PROFESSIONAL STUDIES
DEPARTMENT OF KINESIOLOGY AND SPORTS STUDIES
KSS 1400 Swimming
(1 credit—Spring 2018)

INSTRUCTOR: Sonya Schuette, M.S.

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OFFICE HOURS: Monday – Thursday 10am- 11am or by appointment

COURSE DESCRIPTION: This course is intended for KSS majors and will accommodate all skill levels. (No text is required)

COURSE OBJECTIVES:

- A. To review and improve ability to perform beginning water adjustment skills: bobbing, floating breath control (becoming more comfortable in the water)
- 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.
- E. To learn personal water safety skills and simple rescues.

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.

EVALUATION:

- A. Attendance and Participation: 150 (5 pts/day)
- B. Endurance Swims: 60 points (each endurance swim is worth the time of the swim)
- C. Skill Performance: 30 points (5 basic strokes)
- D. Teaching Assignment: 20 points
- E. Final Exams: 20 minute Endurance Swim (20 pts) & Written Exam (20 pts)

Attendance and participation 50%
Exams & Written Assignments 20%
Fitness 20%
Skill Performance 10%

Grade Scale:
90-100% = A
80-89% = B
70-79% = C
60-69% = D
59% & below = F

COURSE REQUIREMENTS & EXPECTATIONS:

1. Attendance Policy: **Attendance is expected and will be taken each class meeting.** You should attend every class, be on time, & conduct yourself in a professional manner. If you are absent and it is unexcused, your final letter grade will be lowered according to the policy:

4 absences – drop 1 letter grade

5 absences – drop 2 letter grades

6 absences – drop 3 letter grades

7 absences – Automatic failure

Attendance at a University approved function does not constitute an absence. Documentation and pre-approval is required.

2. Active Participation

Be prepared to swim every day and perform required water skills

Class attendance and in-pool participation are required to pass the course.

No participation (i.e. sitting out for any reason) will result in a loss of 3 points for each occurrence.

Dress Code: Proper swim attire is required to swim/goggles if available

3. Class Time

Be prepared and put forth a solid and consistent effort in class.

Conduct yourself in a professional manner at all times.

4. Electronic Devices

Please extend courtesy to your instructor and classmates by turning off your electronic devices and placing cell phones on silent/vibrate mode. Do not text in class. Thank you for your cooperation.

Academic integrity- Students are expected to maintain principles of academic integrity and conduct as defined in EIU's Code of Conduct (<http://www.eiu.edu/judicial/studentconductcode.php>). Violations will be reported to the Office of Student Standards.

Students with disabilities- If you are a student with a documented disability in need of accommodations to fully participate in this class, please contact the Office of Student Disability Services (OSDS). All accommodations must be approved through OSDS. Please stop by Ninth Street Hall, Room 2006, or call 217-581-6583 to make an appointment.

The 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.

Tentative Class Outline:

- Week 1 Syllabus, course description, safety concerns & skills assessment
- Week 2: Stroke Development (front crawl)
- Week 3: Stroke Development (front crawl), fitness swimming & fitness activity
- Week 4: Stroke Development (front crawl), skills check off & fitness activity
- Week 5: Stroke Development (breast stroke), fitness swimming & fitness activity
- Week 6 Stroke Development (breast stroke), underwater swimming & fitness activity
- Week 7: Stroke Development (breast stroke), skills check off, fitness swimming & fitness activity
- Week 8: Stroke Development (elementary backstroke), fitness swimming & fitness activity
- Week 9: Stroke Development (elementary back stroke), skills check off & fitness activity
- Week 10: Stroke Development (back crawl), fitness swimming & fitness activity
- Week 11: Stroke Development (back crawl), skills check off & fitness activity
- Week 12: Stroke Development (side stroke), fitness swimming & fitness activity
- Week 13: Stroke Development (side stroke), skills check off & fitness activity
- Week 14: Stroke Development (butterfly), underwater swimming & fitness activity
- Week 15: Surface/standing Dives, Fitness swimming & skills check off
- Week 16: Final exam