

KINE 1101: BEGINNING SWIMMING

INSTRUCTOR'S SYLLABUS

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MATERIALS NEEDED FOR CLASS:

1. Snug fitting swim suit
2. Towel (Towels are available upon request)
3. Personal shower items
4. Paper and writing materials when needed
5. Goggles if needed
6. Textbook: None required

GRADING POLICY:

A. Attendance & Participation – 80%

Each absence after the first absence = 4 points: Each tardy = 1-4 points:

45 minutes late = 4 points

1. Only excused absences may be made up. Excused absences are school related activities (basketball, rodeo, student government, etc.), illness, death in the family, etc. Studying for test, visits to the counselor's office, making up other classes during a scheduled swim class, are not excused absences.
2. The excused absence must be explained to the instructor by the following class. A student may make a phone call to the above phone number, but we must personally talk. Leaving a message DOES NOT suffice.
3. It is the student's responsibility to tell instructor about the excused absence. If the student fails to tell the instructor about the excused absence by the following class, it will be marked as an unexcused absence and the student will not be able to make up the class.
4. A maximum of 2 classes may be made up. If someone misses due to Covid, they can make up all additional absences, after the first two.
5. A student may be dropped for missing four consecutive classes (2 weeks) without contacting the instructor. A student will be dropped if they have 3 unexcused absences in the first 30 days, or 4 weeks, of classes.
6. A tardy may not be made up. Tell the instructor of any reason for an excused tardy. If a student's tardies are equivalent to more than one absence, then the student will be required to take the final.
7. Procedure for making up an excused absence.
 - a. To receive full credit, a student must make up the class by participating in any other scheduled swim or water aerobics classes.
 - b. Students may receive credit by scheduling a "Swim on your own" time. Student must document make up and have the lifeguard sign form.

- c. A student may use an Under Armour, “map my walk” app., walk 3 miles and send me a picture to the above email.
- 8. Participation is a must. Student must participate in all areas of the class. A deduction in the daily grade will result if a student fails to actively participate.
- B. Skills Testing – 10%
 - A water test on crawl stroke, elementary back, back crawl stroke, and survival float, will be given. The average of all skills test will count 10% of the final grade. If for some reason (corona virus), SPC cancels class meetings, this grade will be taken from strokes that have already been swam.
- C. Final Exam – 10%
 - A final written exam will be given over all material in class. A student will be exempt from the final if they have not missed more than one class and have a 70 average on swim skills test. Final will be administered on blackboard.
- D. CLASS RULES: Failing to do the following will result in losing daily points or removal from class.**
 - 1. Everyone must provide their own **swim suit** and towel. The natatorium will provide one small towel when needed.
 - 2. No horse play, rough housing, or any disruptions during class.
 - 3. Class will start on time. Students will be released in time to meet their next class. Deductions do occur if student is not ready to begin on time.
 - 4. Regular attendance and participation is a must.
 - 5. All students must abide by the coronavirus rules set for this class
 - 6. **Everyone must** shower before entering the pool.

FINAL EXAM _____ LAST DAY TO DROP _____

SCHOOL CLOSURE: If SPC moves all classes to “on-line”, then students will have to get a “Map my walk” app, and walk on their own, to finish this class.

You can find the most current SPC statements regarding Intellectual Exchange, Disabilities, Non-Discrimination, Title IX Pregnancy Accommodations C.A.R.E., and Campus Concealed Carry at this link:

<https://www.southplainscollege.edu/syllabusstatements/>

EXPECTED LEARNING OUTCOMES

EVALUATION

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| <ol style="list-style-type: none"> 1. Students will demonstrate proper techniques and mechanics to swim the following strokes. <ol style="list-style-type: none"> a. Crawl Stroke b. Back Crawl Stroke c. Elementary Back Stroke | <p>Skills Test will be administered for each stroke.</p> |
| <ol style="list-style-type: none"> 2. Students will learn the mechanics to swim the following strokes. <ol style="list-style-type: none"> a. Breast Stroke b. Side Stroke | <p>Class Participation and practice.</p> |
| <ol style="list-style-type: none"> 3. Students will gain knowledge to properly perform each of the following components for the above strokes. <ol style="list-style-type: none"> a. proper kick b. proper arm pull c. proper breathing patters d. proper body flotation | <p>Swim Skills Test and Final Exam</p> |
| <ol style="list-style-type: none"> 4. Student will develop an understanding of how the body reacts in water. This will include: <ol style="list-style-type: none"> a. body flotation on the front and back b. body movement forward c. body movement backward d. body movement under water | <p>Skills test and participation</p> |
| <ol style="list-style-type: none"> 4. Students will demonstrate skills needed for self preservation in deep water. "Survival Floating". | <p>Skills Test</p> |
| <ol style="list-style-type: none"> 5. Students will gain knowledge needed to safely rescue others who need assistance in the water. These will be non-swimming rescue techniques. | <p>Final Exam</p> |
| <p>Students will realize the enjoyment of water through water activities. These will include such games at basketball, volleyball, water polo, and ultimate frisbee.</p> | <p>Daily participation</p> |

Through the development of swimming strokes and skills the students swimming endurance and speed will improve.

BEGINNING SWIMMING WEEKLY SCHEDULE

WEEK ONE

1. Discussion of grading policy, learning objectives, items needed for class.
2. Water adjustment with survival float and checking swimmer abilities.

WEEK TWO

1. Begin teaching the crawl stroke.
2. Progressing through floating, kicking, pulling, and breathing.

WEEK THREE

1. Continued work on the crawl stroke concentrating on proper breathing and exhaling techniques.
2. Learn to enjoy water with a Frisbee blitz water game.

WEEK FOUR

1. Swim test on the Crawl stroke.
2. Introduction of the Elementary Back stroke

WEEK FIVE

1. Developing and strengthening the inverted breast stroke kick.
2. Coordinating the arm pull with the kick, and improving on the glide of the stroke.

WEEK SIX

1. Swim test on the Elementary Back Stroke
2. Begin distance swimming work outs.
3. Learn to enjoy water with a water basketball game.

WEEK SEVEN

1. Introduction of the Back Crawl Stroke
2. Teaching the proper entry and pulling of the arms.

WEEK EIGHT

1. Continue work on coordinating arms and inverted flutter kick.
2. Teach and practice flip turns for the crawl and back crawl strokes.

WEEK NINE

1. Teaching the dive and continue practice on the back crawl stroke.
2. Increase practice on distance swimming using the three strokes learned.

WEEK TEN

1. Swim test on the back crawl stroke.
2. Introduction of the breast stroke
3. Learn to enjoy water with a volleyball game.

WEEK ELEVEN

1. Teach and develop the breast stroke kick.
2. Coordinating the arm pull with the kick to develop a glide for the breast stroke.

WEEK TWELVE

1. Teach the proper mechanics of the Side stroke.
2. Work on Side stroke kick and pull

WEEK THIRTEEN

1. Teach the breast stroke flip turn
2. Allow the swimmers to improve on their distance swimming using all five strokes learned.

WEEK FOURTEEN

1. Teach and practice different underwater swimming skills.
2. Play the game sharks and minnows to help develop underwater swimming skills

WEEK FIFTEEN

1. Class room instruction on all swim skills learned.
2. Discuss personal safety when around water.
3. Practice personal life saving skills.
4. Swim test on Breast stroke, Side stroke, and Survival float

WEEK SIXTEEN

WRITTEN FINAL