



SUL ROSS STATE UNIVERSITY

Department of Education
Fall 2015



KES 1156 – Beginning Swimming

Instructor:
Coach Bobby Mesker
Ms. Jordan Loya

OFFICE HOURS: Monday - Friday: 2:00 – 4:00 pm

AND BY APPOINTMENT

Telephone: 432-837-8213

Email: bmesker@sulross.edu

Email: jloy1337@sulross.edu

Fax: 432-837-8390

Location: Sul Ross campus – GPC 202A

Course Description:

Activity course for students interested in swimming. Includes instruction and practice in the fundamental elements of swimming and water safety skills emphasizing the basic skills of floating, rhythmic breathing, gliding and kicking, and the forms of the crawl stroke and elementary backstroke. Students will gain knowledge as well as improve their skill level in swimming.

Course Objective:

Students successfully completing this course will be able to:

1. Students will be improve their personal aquatic fitness levels with practice and document progress with a comparison of pretest and posttest levels.
2. Students will be able to increase their skill knowledge by being able to perform more than one swimming stroke.
3. Students will be able to learn and demonstrate knowledge of appropriate safety precautions for an aquatic setting during class sessions.

Grading

Grades:

Grades will be based on the following:

Class	Attendance/Participation
80% of grade	
<u>Final</u>	<u>Examination</u>
<u>20% of grade</u>	
Total	100%

Grading Scale:

A = 95-100 %	B- = 80-82%	D+ = 67-
A- = 90-94	C+ = 77-79	D = 64-66
B+ = 87-89	C = 74-76	D- = 60-
B = 83-86	C- = 70-73	F = below 50

Course Assignments and Assessments:

Reading assignments will be from the information handed out in class.

- Weeks 1-5** Discuss syllabus and goals. Pretest aquatic skills. Hydrodynamics, discussions and pool work on breathing, and individual goals.
- Weeks 6-11** Stroke instruction, drills and practice on basic swim skills, strokes (Front Crawl, Backstroke, Breaststroke, Side Stroke, Elementary Backstroke, Butterfly) and safety skills.
- Weeks 12-15** Continue instruction, drills and practice strokes, safety skills, introduction to fitness methods, starts, turns, and diving.
- Weeks 16-17** Integrate swimming strokes with starts and turns, use workout/fitness methods during swim. Final examination.

Program Learning Outcomes:

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits Movement Skills and Knowledge Domain).
2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).
3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education in physical education and uses knowledge to promote students' development; understands the structure and purposes of physical education programs; and

understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

Course Requirements:

General Responsibilities

Attendance

All students are expected to arrive at the swimming pool on time and remain at the site for the duration of the prearranged work schedule. All students must immediately contact their teacher if they are absent for any reason. Failure to do so may result in disciplinary action.

Appearance

All students must comply with the dress code at all times and wear a swim suit. Failure to do so may result in reduction in grade.

SRSU Disability Services:

The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973. The Disability Services Coordinator in Counseling and Student Support Services has the responsibility to ensure students with disabilities the opportunity for full participation in programs, services and activities. Students seeking disability services need to contact the Disability Services Coordinator located in the University Center Room 211. The mailing address is PO Box C-171, Sul Ross State University, Alpine, Texas 79832. The telephone is 432-837-8178; fax is 432-837-8724.