DATE OF LAST REVIEW: 02/2013
CIP CODE: 24.0101
SEMESTER: Departmental Syllabus
COURSE TITLE: Beginning Swimming
COURSE NUMBER: EXSC0132
CREDIT HOURS: 1
INSTRUCTOR: Departmental Syllabus
OFFICE LOCATION: Departmental Syllabus
OFFICE HOURS: Departmental Syllabus
TELEPHONE: Departmental Syllabus
EMAIL: Departmental Syllabus

KCKCC issued email accounts are the official means for electronically communicating with our students.

PREREQUISITE (S): None

REQUIRED TEXT AND MATERIALS:
Please check with the KCKCC bookstore, http://www.kckccbookstore.edu/ for the required texts for your particular class.

COURSE DESCRIPTION:
This is an introductory course for students to acquire beginning swimming skills. Students will gain skills in buoyancy, support and propulsion, basic backstroke, kick and pull, breathing, glide, sidestroke, crawl stroke and breaststroke.

METHOD OF INSTRUCTION:
A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, learning experiences, and performances outside the classroom. Methodology will be selected to best meet student needs.
COURSE OUTLINE:

I. Introduction
   A. Safety Rules
   B. Equipment

II. Buoyancy
   A. Breath Control
   B. Body Position
   C. Relaxation

III. Support & Propulsion
   A. Sculling
   B. Support Kicking

IV. Backstroke
   A. Arm Pull
   B. Kicking
   C. Turn
   D. Elementary Backstroke

V. Breathing
   A. Preparation
   B. Execution
   C. Recovery
   D. Drills

VI. Sidestroke
   A. Scissors Kick
   B. Arm Motion
   C. Execution
   D. Land Drills

VII. Crawl Stroke
   A. Arm Stroke
   B. Breathing
   C. Kick
   D. Drills

VIII. Breaststroke
   A. Arm Pull
   B. Kick
   C. Breathing
   D. Drills

IX. Diving
   A. Standing Front Dive
   B. Drills

EXPECTED LEARNER OUTCOMES:

A. The student will be able to identify and discuss safety rules related to water safety.
B. The student will be able to identify basic swimming equipment.
C. The student will be able to demonstrate buoyancy skills.
D. The student will demonstrate the swim strokes and dives.

**COURSE COMPETENCIES:**

_The student will be able to identify and discuss safety rules related to water safety._
1. The student will be able to identify and discuss the 8 basic water safety rules.

_The student will be able to identify basic swimming equipment._
2. The student will be able to identify and discuss basic swimming supplies and equipment.

_The student will be able to demonstrate buoyancy skills and breathing techniques._
3. The student will be able to demonstrate proper breath control, body position and relaxation techniques in mastering buoyancy.

_The student will demonstrate the swim strokes and dives._
4. The student will be able to demonstrate proper sculling and support kicking to assure personal support and propulsion.
5. The student will be able to demonstrate proper arm pull, kicking and turning techniques to acquire the elementary backstroke.
6. The student will be able to demonstrate the 3-step sequence in breathing technique.
7. The student will be able to demonstrate the scissors kick and arm motion techniques to acquire the sidestroke.
8. The student will be able to demonstrate the arm stroke, breathing and kick techniques to acquire the crawl stroke.
9. The student will be able to demonstrate the arm pull, kick and breathing techniques to acquire the beginning breaststroke.
10. The student will be able to demonstrate the techniques needed to acquire the standing front dive.

**ASSESSMENT OF LEARNER OUTCOMES:**

Student progress is evaluated by means of exams, written assignments and running participation.

**SPECIAL NOTES:**

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our
students, faculty, and staff that is free of bigotry and discrimination. Kansas City
Kansas Community College is committed to providing a multi cultural education
and environment that reflects and respects diversity and that seeks to increase
understanding.

Kansas City Kansas Community College offers equal educational opportunity to all
students as well as serving as an equal opportunity employer for all personnel.
Various laws, including Title IX of the Educational Amendments of 1972, require
the college’s policy on non-discrimination be administered without regard to race,
color, age, sex, religion, national origin, physical handicap, or veteran status and
that such policy be made known.

Kansas City Kansas Community College complies with the Americans with
Disabilities Act. If you need accommodations due to a documented disability, please
contact Director of Academic Resource Center, Rm. 3354 or 288-7670.