I. TITLE: Beginning Swimming  
Class Location: Carr Health Building Pool  
Class Meeting Days and Time: MW 1:30 – 2:20

II. CATALOG DESCRIPTION:  
Instruction and participation in basic swimming skills as outlined in the Beginning and Advanced Beginning courses of the American Red Cross.

III. PURPOSE:  
To increase the student’s aquatic confidence and swimming skills. Additionally, water safety fundamentals and basic techniques will be presented so that the beginning student will be secure in, on, and around the water.

IV. COURSE OBJECTIVES:  
1. Be able to demonstrate a knowledge of safety factors required for safe participation in aquatic activities. (CBK Theme 2, KERA Goal 2: Practical Living)  
2. Be able to demonstrate proficiency in the basic swimming skills listed below. (CBK Theme 2, KERA Goal 2: Practical Living)  
3. Be able to demonstrate knowledge of techniques, strategies and nature of beginning swimming techniques and strokes listed below. (CBK Theme 16, KERA Goal 2: Practical Living)

V. CONTENT OUTLINE:  
1. Students will participate in regular systematic swimming activity/exercise.  
2. Students will improve their knowledge of, and ability to perform the following aquatic skills:  
   A. Proper breathing  
   B. Buoyancy and body control  
   C. Personal safety  
   D. Propulsion and coordinate stroking  
      1. Front crawl  
      2. Back crawl  
      3. Side stroke  
      4. Elementary backstroke  
      5. Breaststroke

VI. INSTRUCTIONAL ACTIVITIES:  
Acquisition of new aquatic skills, extension of personal confidence, refinement of aquatic talents and competence, and integration of aquatic activities with other sport knowledge and abilities.
VII. FIELD AND CLINICAL EXPERIENCES: None

VIII. RESOURCES:
Films, videos, Demonstrations

IX. GRADING PROCEDURES:

A mid-term and final written assessment will be given. Performance skill and ability will be assessed in each of the five basic swimming strokes. Final course grades will be based on written assessments and performance assessment, continuous class assessments, and attendance. These factors will be weighted according to the following percentages:

- Written Assessments: 30%
- Performance Assessments: 50%
- Continuous class Assessments: 15%
- Attendance: 5%

X. ATTENDANCE:
This course adheres to the policy published in the MSU Undergraduate Bulletin.

XI. ACADEMIC HONESTY POLICY: Cheating, plagiarism (submitting another person’s materials as one’s own), or doing work for another person who will receive academic credit are all impermissible. This includes the use of unauthorized books, notebooks, or other sources in order to secure or give help during an examination, the unauthorized copying of examinations, assignments, reports, or term papers, or the presentation of unacknowledged materials as if it were the student’s own work. Disciplinary action may be taken beyond the academic discipline administered by the faculty member who teaches the course in which the cheating took place.


XIII. PREREQUISITES:
None. However, the student should possess a strong desire to improve personal fitness and swimming performance ability.

Dar’st thou Cassius, now
Leap in with me into the angry flood,
And swim to yonder point?

Julius Caesar
Act I, scene ii, lines 106-108