

**SWIMMING: BEGINNING**  
**KNH 1660**

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INSTRUCTOR:	Engelina Keihl	OFFICE HRS:	By appointment only
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**ATTENDANCE COMPETENCY:**

Attendance is defined as active participation in the class.

**COGNITIVE COMPETENCY:**

A written examination will be given in which the student must score 70% or higher in order to pass the course.

**CELL PHONE POLICY:**

Please turn off all cell phones during class. Phoning, texting, etc. will not be tolerated.

**ACCOMMODATION FOR DISABILITIES** Students with a disability who may need accommodations to complete the requirements of the class must register with the Office of Disabilities Services, and arrange to meet with his or her professor during the first week of the class.

**GRADING CRITERIA:**

1. KNH guidelines require at least 80% attendance rate for passing a course. Attendance will be taken each period.
2. KNH guidelines require a written exam and a skills test to be given. Cooper Test will be given 1<sup>st</sup> and 7<sup>th</sup> week of class.

**SUMMARY OF REQUIREMENTS:**

Attendance: 80%

Cognitive (written exam): 10%

Technique: 10%

**7 WEEKS AT A GLANCE:**

**WEEK ONE:** Cooper Test to determine swim skill level. Introduction to breathing and kicking. Depending on skill level will determine distances.

**WEEK TWO:** Front Crawl and Back Crawls, emphasis will be on streamline. Continued efficiency with rhythmic breathing.

**WEEK THREE:** Breaststroke and Elementary Backstroke with emphasis on technique.

**WEEK FOUR:** Introduction to Butterfly stroke particularly undulation both front and back. Increased distances with above strokes. Deep water safety skills with water belt if needed. Flip turns and open turns.

**WEEK FIVE:** Increased distances on all above strokes. Spinal injury management in shallow water. Relay races with classmates both individual and medley.

**WEEK SIX:** Pace work depending on skill level.

**WEEK SEVEN: Final Cooper Test to show improvement on distances and endurance with strokes.  
Relay races both IM and Medley.**