

**El Paso Community College**  
**Syllabus**  
**Part II**  
**Official Course Description**

<b>SUBJECT AREA</b>	<u><b>Kinesiology</b></u>								
<b>COURSE RUBRIC AND NUMBER</b>	<u><b>KINE 2116</b></u>								
<b>COURSE TITLE</b>	<u><b>Swimming I</b></u>								
<b>COURSE CREDIT HOURS</b>	<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black; border-bottom: 1px solid black; padding: 0 5px;"><b>1</b></td> <td style="border-top: 1px solid black; border-bottom: 1px solid black; padding: 0 5px;"><b>0</b></td> <td style="border-top: 1px solid black; border-bottom: 1px solid black; padding: 0 5px;"><b>:</b></td> <td style="border-top: 1px solid black; border-bottom: 1px solid black; padding: 0 5px;"><b>3</b></td> </tr> <tr> <td style="text-align: center; padding: 0 5px;">Credits</td> <td style="text-align: center; padding: 0 5px;">Lec.</td> <td style="text-align: center; padding: 0 5px;"></td> <td style="text-align: center; padding: 0 5px;">Lab</td> </tr> </table>	<b>1</b>	<b>0</b>	<b>:</b>	<b>3</b>	Credits	Lec.		Lab
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Credits	Lec.		Lab						

**I. Catalog Description**

Covers the basic principles and fundamental skills, such as strokes, diving, floating, and breathing. Involves students' participation and designed for the beginning students. **(0:3). Lab fee.**

**II. Course Objectives**

Upon satisfactory completion of this course, the student will be able to:

- A. Increase physical fitness through water aerobic exercises.
- B. Correctly define and use the terminology related to swimming.
- C. Describe and define the use of safety precautions and equipment for swimming.
- D. To demonstrate correct technique for the following skills:
 

Entering the water	Understanding breath holding
Rhythmic breathing	Prone float and recovery
Prone glide	Back glide and recovery
Survival float	Back glide and recovery
Back glide with kick	Beginner stroke
Personal safety skills and basic rescue techniques	
Crawl stroke	Elementary backstroke
Survival stroke	Treading water and changing position

**III. Evaluation**

- A. This course will include a relevant activity (written exam, skill exam or project) suitable for a final exam and which will be integrated into the final grade.
- B. General evaluation options available for use by all instructors includes: Multiple Choice objective exams, short answer essay exams, True / False objective exams, classroom presentation, attendance or any combination of these options.

Grading Scale:

90 - 100	= A
80 - 90	= B
70 - 80	= C
60 - 70	= D
Below 60	= F
Incomplete	= I
Withdrew or withdrawn	=W

**IV. Disability Statement (American with/Disabilities Act [ADA])**

EPCC offers a variety of services to persons with documented sensory, mental, physical, or temporary disabling conditions to promote success in classes. If you have a disability and believe you may need services, you are encouraged to contact the Center for Students with Disabilities to discuss your needs with a counselor. All discussions and documentation are kept confidential. Offices located: VV Rm C-112 (831-2426); TM Rm 1400 (831-5808); RG Rm B-201 (831-4198); NWC Rm M-54 (831-8815); and MDP Rm A-125 (831-7024).

**V. 6 Drop Rule**

Students who began attending Texas public institutions of higher education for the first time during the Fall 2007 semester or later are subject to a 6-Drop limit for all undergraduate classes. Developmental, ESL, Dual Credit and Early College High School classes are exempt from this rule. All students should consult with their instructor before dropping a class. Academic assistance is available. Students are encouraged to see Counseling Services if dropping because exemptions may apply. Refer to the EPCC catalog and website for additional information.