

South Plains College

KINE 1101-001 – Beginning Swimming

Fall 2026 - In person

Instructor Information

Instructor: Ethan Maples

Office: Aquatics Center

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Office hours are by appointment.

Course Description

Beginning Swimming is designed to introduce students to fundamental swimming skills, water safety, and stroke development. Students will build confidence in the water while learning proper swimming mechanics, endurance, and basic self-rescue techniques.

Required Materials

Students are expected to bring the following items to every class:

- Snug-fitting swimsuit
- Towel
- Water bottle
- Personal shower items
- Paper and writing materials when needed

Textbook: None Required

Course Grading Rubric

Total Points Possible: 500

Grading Category	Points	Percentage
Attendance & Participation	250	50%
Skill Improvement Assessments (4 Skills)	200	40%
Final Exam	50	10%
Total	500	100%

Attendance & Participation (250 Points)

Students are expected to attend and actively participate in every class session. The course meets twice per week for 16 weeks for a total of 32 class meetings.

- Total Class Meetings: 32
- Points Possible: 250
- Points Per Class Meeting: 7.81 points

Attendance points are earned through:

- Being present and on time
- Participating in all assigned activities
- Demonstrating appropriate effort and engagement
- Following safety procedures and instructor directions

Skill Improvement Assessments (200 Points)

Students will complete four skill assessments throughout the semester. Each assessment is worth 50 points and is graded based on individual improvement, technique, effort, and progress rather than comparison to other students.

Skill Assessment	Points
Crawl Stroke	50
Elementary Back Stroke	50
Back Crawl Stroke	50

Survival Float	50
Total	200

Skill Assessment Criteria (50 Points Each)

Criteria	Points
Demonstrates improvement from initial skill level	20
Proper technique and body mechanics	15
Effort, practice, and application of feedback	10
Confidence, control, and safety during performance	5
Total	50

Final Exam (50 Points)

The final exam is worth **50 points (10% of the final course grade)** and will assess students' understanding of course content, including swimming concepts, safety procedures, terminology, and skills covered throughout the semester.

Attendance & Participation (50%)

Regular attendance and participation are essential for success in this course.

Attendance Policy

- The first 2 absences will not result in a grade deduction.
- Each additional absence will result in a **~8-point deduction**.
- Students may be dropped after the **6th absence**.
- Students may also be dropped after:
 - Missing four consecutive class meetings without contacting the instructor.
 - Accumulating four absences during the first four weeks of class.

Tardy Policy

Tardies will result in deductions according to the following schedule:

- Up to 45 minutes late = 1–4 point deduction
- 45 minutes late = 4-point deduction

Tardies cannot be made up.

Excused Absences

Excused absences include:

- Official college activities
- Illness
- Death in the family
- Other instructor-approved emergencies

The following are **not** considered excused absences:

- Studying for exams
- Making up another class during the scheduled swim class
- Personal scheduling conflicts

Students may make up **to two excused absences** (excluding official school activities).

Last day to make up excused absences: November 24th

Makeup Procedures

Students may recover attendance points by:

Full Credit

Attend and participate in another scheduled:

- Swimming class
- Water aerobics class

Half Credit

Complete an approved independent swim session.

Students must:

- Complete the assigned swim session.
 - Obtain the lifeguard's signature verifying participation.
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Participation Expectations

Students are expected to actively participate during every class. Failure to participate in daily activities may result in deductions from the participation grade.

Skills Testing (40%)

Students will complete practical swimming assessments covering:

- Crawl Stroke
- Elementary Back Stroke
- Back Crawl Stroke
- Survival Float

The average of all skills assessments will account for **30%** of the final course grade.

Final Exam (10%)

A written comprehensive final examination will be administered.

Students are exempt from the final exam only if they have:

- Missed no more than two classes.

Students who miss more than two classes are required to complete the final examination, even if absences were made up.

Classroom & Pool Rules

Students are expected to:

1. Bring their own swimsuit and towel.
2. Wait for the instructor before entering the water.
3. Avoid horseplay or unsafe behavior.
4. Arrive prepared and on time.
5. Attend regularly and participate fully.
6. Shower before entering the pool.

Failure to follow these expectations may result in loss of daily participation points.

Important Dates

Final Exam: TBD - will notify in class and through remind.

Last Day to Drop: Thursday, December 3

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

Swimming Skills

Demonstrate proper mechanics for:

- Crawl Stroke
- Back Crawl Stroke
- Elementary Back Stroke

Additional Stroke Development

Develop proficiency in:

- Breast Stroke
- Side Stroke

Swimming Mechanics

Demonstrate understanding of:

- Proper kicking technique
- Arm pull mechanics
- Breathing patterns
- Body position and flotation

Water Movement

Develop competency in:

- Front flotation
- Back flotation
- Forward movement
- Backward movement
- Underwater movement

Water Safety

Demonstrate:

- Survival floating
- Basic self-preservation skills
- Non-swimming rescue techniques

Recreation

Participate safely in aquatic recreation activities, including:

- Water basketball
- Water volleyball
- Water polo
- Ultimate Frisbee

Students should also demonstrate improvements in swimming endurance, efficiency, and overall confidence in the water.

Weekly Course Schedule

Week 1

- Course introduction
- Syllabus review
- Water adjustment
- Survival float
- Swim ability assessment

Week 2

- Introduction to Crawl Stroke
- Floating
- Kicking
- Pulling
- Breathing

Week 3

- Crawl Stroke refinement
- Breathing techniques
- Frisbee Blitz water game

Week 4

- Crawl Stroke Skills Test
- Introduction to Elementary Back Stroke

Week 5

- Elementary Back Stroke development
- Kick mechanics
- Arm coordination
- Glide

Week 6

- Elementary Back Skills Test
- Distance swimming
- Water basketball

Week 7

- Introduction to Back Crawl Stroke
- Arm entry and pull

Week 8

- Back Crawl coordination
- Flutter kick
- Flip turns

Week 9

- Diving instruction
- Back Crawl practice
- Distance swimming

Week 10

- Back Crawl Skills Test
- Introduction to Breast Stroke
- Water volleyball

Week 11

- Breast Stroke kick
- Stroke coordination
- Glide development

Week 12

- Introduction to Side Stroke
- Kick and pull mechanics

Week 13

- Breast Stroke flip turn
- Endurance swimming

Week 14

- Underwater swimming skills
- Sharks and Minnows activity

Week 15

- Water safety
- Personal lifesaving skills
- Skills Test: Breast Stroke, Side Stroke, Survival Float

Week 16

- Comprehensive Written Final Exam

College Policies

Diversity Statement

This course promotes an inclusive learning environment that values diverse backgrounds, experiences, and perspectives. Respectful engagement and collaboration are expected of all students.

Disability Accommodations

Students requesting accommodations should contact the South Plains College Special Services Office as early as possible in the semester.

Levelland Campus Special Services

Phone: (806) 716-2529

Appropriate documentation is required in accordance with federal law.

Campus Safety Notice

Pursuant to Section 30.06 of the Texas Penal Code (Trespass by License Holder with a Concealed Handgun), licensed individuals may not carry a concealed handgun into this facility where prohibited by law.