

**AUGUSTA STATE UNIVERSITY
DEPARTMENT OF KINESIOLOGY AND HEALTH SCIENCE
SYLLABUS**

Course: Well 1400 BEGINNING SWIMMING

Instructor: Coach Skip Fite (office 371-7917)

Course Credit: 1 Hour

Prerequisites: Student must be able to swim at a beginning level.

Dress: Appropriate for activity – no cut off shorts – T shirts can be worn
But not recommended. Goggles are recommended.
Females can wear one piece or two piece bath suits.

Content: Students will be taught the correct mechanics of the front crawl,
Back stroke, and the breast stroke. After instruction student will
complete a minimum number of lengths assigned by the instructor.
The class teaches the correct way to swim and promotes physical
fitness.

Grading System: The student will be evaluated as follows:
1. Attendance and Participation 1/3 of Grade
1 absence = No penalty
2 absence = 95
3 absence = 90
4 absence = 80
5 absence = 70
6 absence = **F**

- Student can only make up 2 days with prior approval by Instructor.
- Student is responsible for dropping the class, **Not the Instructor.**

2. Skill Test 2/3 of Grade
A skill test will administered at midterm and during the last
week of class.
A – Complete assigned amount of laps in given time.
B – Complete assigned amount of laps in given time.
C – Be able to complete assigned amount of laps.

*** Non- swimmers have to complete “A” level to receive and
A in class. B” and C” level will be adjusted to swimming
level.**

