

Course Syllabus

Department	:	Physical Education
Course Title	:	Water Aerobics
Section Name	:	PHED_1105_5
Start Date	:	08/22/2011
End Date	:	12/09/2011
Modality	:	Face-to-Face
Credits	:	1

Instructor Information

Name	:	Karin Carlson
OC Email	:	kcarlson@od essa.edu
OC Phone #	:	(432) 335-6563
Office	:	201-B, OC Sports Center

Course Description

Personal instruction, in an aquatic environment, which emphasizes muscle tone, strength, flexibility and cardiovascular endurance. Emphasis is placed on learning exercises, calculation of individual target heart rates and in developing a routine. Each student will design and lead the class in the routine he or she has developed. Includes a preliminary one-time orientation. Lab fee required.

Prerequisites/Corequisites

None.

Scans

3, 4, 5, 9, 10

Course Objectives

Upon completion of this course, students should be able to:

1. To familiarize students with lifestyle changes that will enhance their health and well being
2. To instruct students in proper warm-up, cool down and stretching techniques
3. To improve students strength, flexibility, cardiovascular endurance, and postural alignment

COURSE UPDATES

The student is responsible for checking the syllabus online for changes frequently may be updated often as needed.

CLASS ATTENDANCE POLICY

It is important that you attend every class – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that I will accept are college-sponsored activities and medical emergencies (must show proof).

<u>days/week class meets</u>	<u># if unexcused absences allowed</u>	<u>letter grade deduction for every</u>
3	3	4th absence

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy, (which means I have already began class) your final grade will be **deducted ½ point for each class that you are tardy.**

ATTIRE

You are expected to wear proper activity attire to each class. Wear an appropriate swimsuit for class. Water shoes are RECOMMENDED but not required. Remember to bring your own towel.

If appropriate clothing is not worn, the student will be asked to leave and will not receive participation points.

LOCKERS:

Sports Center lockers may be rented at the front desk. Cubical lockers—free for credit students.

Required Readings/Materials

a) You must purchase the following required readings/materials: None

b) You are encouraged to buy the following optional books/materials:
Water Aerobics Class Workbook (available in the bookstore)

Course Requirements (Lectures, Assignments and Assessments)

Assessments	50 points (15 - Pre; 35 - Post)
Quizzes	50 points
Assignments	60 points (Water Evaluation - 20; Nutrition – 20; Routine-20)
Final Exam	100 points

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due <i>*Tentative</i>
Week 1	Assessment	Introduction to Course Pre-Assessments	8/26/2011
	Activity	Pool	
Week 2	Activity	Pool	9/2/2011
	Discussion	Warm-up & Cool-down	
Week 3	Activity	Pool	9/9/2011
	Discussion	Target Heart Rate	
Week 4	Assignment	Water Project due	9/16/2011
	Activity	Pool	
Week 5	Activity	Pool	9/23/2011
	Discussion	Fitness Benefits	
Week 6	Assignment	Nutrition Assignment due	9/30/2011
	Activity	Pool	
Week 7	Activity	Pool	10/7/2011
	Discussion	Nutrition	
Week 8	Activity	Pool	10/14/2011
	Discussion	Program design	
Week 9	Activity	Pool	10/21/2011
Week 10	Activity	Pool	10/28/2011
	Discussion	Exercises and Muscles	

Week 11	Activity Discussion	Pool Water Fitness	11/4/2011
Week 12	Activity	Pool	11/11/2011
Week 13	Activity	Pool	11/18/2011
Week 14	Activity	Pool	11/25/2011
Week 15	Assessment	Post-Assessments	12/2/2011
	Activity	Pool	
Week 16	Test	Final Exam	12/9/2011

Grade	Points	Percentage %
A	234 - 260 points	(90-100%)
B	208 - 233 points	(80-89%)
C	182 - 207 points	(70-79%)
D	156 - 181 points	(60-69%)
F	155 or less points	Below 60%

Grading Policy Throughout a combination of physical activity, physical assessments, assignments and the final exam, your ability to meet the course objectives will be evaluated.

Special Needs Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library) The Library, known as the [Learning Resources Center](#), provides research

assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the "[Ask a Librarian](#)" service provide additional help.

Student E-mail Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Student Portal Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Technical Support For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

Important School Policies For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).