

PHED 1150—WATER AEROBICS—SYLLABUS
SPRING—2011
1 SEMESTER HOUR CREDIT
Course Syllabus

Department : Physical & Health Education
Course Title : Water Aerobics
Section Name : PHED 1150
Start Date : 1/18/2011
End Date : 5/6/2011
Modality : STRUCTURED
Credits : 1

Instructor Information

Name : Patricia Lee Hodges
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Course Description

A conditioning program emphasizing muscle tone, strength, flexibility, coordination and cardiovascular endurance in an aquatic medium.

Prerequisite: None

Scans: 3,4,5,9,10

Course Objectives

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

Required Reading Materials

Water Aerobics Class Workbook (available in the bookstore)

A variety of techniques will be used throughout the semester, including hydro tone equipment, hydro fit belts, water noodles and aqua bells.

Instructional Videos—will be presented during class time when lightning in the area prevents instruction in the pool.

Course Requirements

Attendance and participation in class is the best predictor of student success.

Complete medical history and physical assessment forms prior to participating in class.

Record body measurements, weight, body composition, and fitness tests at the beginning and near the end of the semester.

Wear an appropriate swimsuit for class. Water shoes are RECOMMENDED but not required.

Summary of Weeks 1-16 Assignments & Activities

Pre-exercise physical evaluation (*Tuesday 1/18 at 12:30 or Wednesday 1/19 at 12:00*) and post-exercise physical evaluation (*Tuesday, May 3 at 12:30 or Wednesday May 4 at 12:00*)—20 pts for 1st/30 points for 2nd evaluation—50 points possible

Written examination—200 points possible

1 point will be awarded for each 30-minute activity session, 2 points per hour. **Three hours per week of activity is suggested for optimal health improvement:** 84 points possible

Optional instructional videos—if student watches and summarizes video—2 points will be awarded.

Grading Policy

Pre-exercise physical evaluation ((Wed. & Fri. 1/19& 1/21) and post physical evaluation (Mon. & Wed. 5/2 & 5/4).

20 points will be awarded for 1st evaluation / 30 points for 2nd evaluation = 50 points possible.

Written examinations—200 points possible.

1 point will be awarded for each 30 minute aquatic session—2 points per class—84 points possible

Grading Criteria: 234 points possible

A = 334-301

B = 300-264

C = 263-233

D = 232-200

F = below 200

Written test—200 points

Evaluations—20/30=50 points

Attendance—84 points

Total pts. Possible=334

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the American 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.

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/helpdest_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.

TO RECEIVE CREDIT FOR EACH CLASS, each student must sign in LEGIBLY with his / her I.D. number on the daily class roster.

ATTIRE: Swimsuit appropriate for class. Water shoes are strongly RECOMMENDED. Shoes protect the feet as well as add resistance. Remember to bring your own towel.

MEDICAL: Any complications or history of injury or illness must be included on your medical history form. If you are taking medication or just recovering from an injury, please make the instructor aware so the appropriate intensity of your workout can be determined.

LOCKERS: Sports Center lockers may be rented at the front desk.

Semester charges are:

Cubical lockers—free for credit students;

\$4.00 per semester for non-credit students

Large lockers--\$8.00 per semester