

Name of Course: Aqua Fitness
Course Name & Number: KINE 1103
Section Number & Synonym:

Instructor Name:

Office:

Phone:

Email:

Office Hours/Appointments:

Course Description: A water aerobics class incorporating a warm up, cardiorespiratory conditioning, a muscle strengthening segment and a cool down. The buoyancy of the water lessens the stress and impact of exercise on the joints while providing resistance, which tones and conditions the muscles and cardiovascular system. Some fundamental swimming skills are incorporated into the class but no swimming experience is necessary.

Text/Materials: See instructor's syllabus.

notebook for notes, handouts etc...

Appropriate attire will be discussed the first day of class as well as required materials for class.

Instructional Methodology: This class is an activity and participation course; the specific task/exercise(s) for students to complete will be demonstrated. Students will then complete the task/exercise(s) to the best of their ability.

Course Rationale: The purpose of this course is to learn the specific skills and/or the techniques of the activity. By actively participating in an activity class, the student may gain health benefits such as increased cardiovascular endurance, improved body composition, increased flexibility, increased muscular endurance and increased muscular strength. Participating in activity classes leads to a healthier lifestyle.

Student Learning Outcomes: Students will learn basic water safety. Students will learn low impact water aerobics. Students will learn conditioning exercises in a water environment.

Departmental Objectives:

1. To learn the forms, fundamentals, skills and benefits of aqua fitness.

2. To learn how to correctly execute required skills and techniques as well as to use the equipment/facilities safely.

3. To understand how Kinesiology relates to a healthy individual lifestyle.

Course Objective: To gain an understanding and appreciation for aqua fitness. To become knowledgeable about the proper practice of water safety, aquatic fitness, and the benefits it offers. To be able to comfortably and properly execute the exercises as practiced in class, which could translate/encourage you to continue practice on your own.

Grades: **A= 90-100% (__ - __ points)**
 B= 80-89% (__ - __ points)
 C=70-79% (__ - __ points)
 D=60-69% (__ - __ points)
 F=0-59% (0- __ points)

Grades are based upon attendance, participation and tests. If you have any questions concerning grading, please ask your instructor. The specific grading requirements for this course are as follows:

45% attendance (__ points)-showing up to class (see attendance policy below)

45% participation (__ points)-fully participating in class activities to the best of your ability. Not participating in class results in the loss of 1 point.

10% written test/demonstration (__ points)-each question will be worth __ point(s).

Course Policies:

1. **ALL** students will complete health form prior to participating in class. Those students who require modification of any specific activity or exercise need to inform the instructor as soon as possible. **Please notify me of any injuries, illnesses or life changes which could require modification in your practice/activity level.**
2. *Cell phones, food, cough drops, gum, and drinks other than water are not allowed in classrooms/workout areas.*
3. Please be respectful of fellow students and keep talk/volume down when entering/exiting class, and no talking during class please! It breaks concentration!
4. Proper aquatic clothing is required. **Bring a towel & personal hygiene materials. Personal goggles will reduce water getting into your eyes and you may want to bring a swim cap for your hair.**

5. Children are not allowed for safety reasons.

College Policies:

<http://www.austincc.edu/offices/academic-outcomes-assessment/master-syllabi/college-policies>

Attendance: All students are expected to attend classes. Non-attendance will have an impact on the student's grade. The specific attendance policy for this particular class is as follows: Each absence is worth __ points. Please see me about missed or late course work. If you have a medical or other reason for missing class or leaving early, please let me know prior to class time. Leaving the class early will cost __ points. Regular and punctual class and laboratory attendance is expected of all students. If attendance or compliance with other course policies is unsatisfactory, the instructor may withdraw students.

Withdrawal: Students are responsible for withdrawing themselves from class if they are unable to complete the semester. *Withdrawal may affect financial aid status, veterans' benefits, international student status, and/or academic standing and students are advised to consult with their instructor and/or a counselor prior to withdrawal.* Instructors have the right to withdraw students for excessive absences, failure to progress, and other reasons as appropriate.

The last day to withdraw is _____

State law permits students to withdraw from no more than six courses during their entire undergraduate career at Texas public colleges or universities. With certain exceptions, all course withdrawals automatically count towards this limit. Details regarding this policy can be found in the ACC college catalog

Incomplete: Students are expected to complete the course within the session time frame. A grade of incomplete will only be given in very special circumstances. If you fail to complete the requirements of the incomplete grade agreement by the due date, you will receive a grade of "F".

Scholastic Honesty: A student attending ACC assumes responsibility for conduct compatible with the mission of the college as an educational institution. Students have the responsibility to submit coursework that is the result of their own thought, research, or self-expression. Students must follow all instructions given by faculty or designated college representatives when taking examinations, placement assessments, tests, quizzes, and evaluations. Actions constituting scholastic dishonesty include, but are not limited to, plagiarism, cheating, fabrication, collusion, and falsifying

documents. Penalties for scholastic dishonesty will depend upon the nature of the violation and may range from lowering a grade on one assignment to an “F” in the course and/or expulsion from the college. See the Student Standards of Conduct and Disciplinary Process and other policies at <http://www.austincc.edu/current/needtoknow>

Student Rights & Responsibilities: Students at the college have the rights accorded by the U.S. Constitution to freedom of speech, peaceful assembly, petition, and association. These rights carry with them the responsibility to accord the same rights to others in the college community and not to interfere with or disrupt the educational process. Opportunity for students to examine and question pertinent data and assumptions of a given discipline, guided by the evidence of scholarly research, is appropriate in a learning environment. This concept is accompanied by an equally demanding concept of responsibility on the part of the student. As willing partners in learning, students must comply with college rules and procedures.

Safety Statement: ACC is committed to providing a safe and healthy environment for study and work. Students are expected to learn and comply with ACC environmental, health and safety procedures and to agree to follow ACC safety policies. Additional information on these can be found at <http://www.austincc.edu/ehs>. Because some health and safety circumstances are beyond our control, we ask that you become familiar with the Emergency Procedures poster and Campus Safety Plan map in each classroom. Additional information about emergency procedures and how to sign up for ACC Emergency Alerts to be notified in the event of a serious emergency can be found at <http://www.austincc.edu/emergency/>. Please note that students are expected to conduct themselves professionally, with respect and courtesy to all. Anyone who thoughtlessly or intentionally jeopardizes the health or safety of another individual will be dismissed from the day’s class activity, may be withdrawn from the class, and/or barred from attending future activities.

Statement on Students with Disabilities: Each ACC campus offers support services for students with documented disabilities. Students with disabilities who need classroom, academic or other accommodations must request them through the Student Accessibility Office (SAS). Students who have received approval for accommodations for this course must provide the instructor with the “Notice of Approved Accommodations” at the beginning of the semester to allow for a reasonable amount of time to prepare and arrange for the accommodations. Arrangements for academic accommodations can only be made after the instructor receives the ‘Notice

of Approved Accommodations' from the student. Additional information about the SAS office is available at <http://www.austincc.edu/support-and-services/services-for-students/student-accessibility-services-and-assistive-technology>.

Student and Instructional Services: ACC strives to provide exemplary support to its students and offers a broad variety of opportunities and services. Information on these services and support systems is available at: <http://www.austincc.edu/support-and-services> Links to many student services and other information can be found at: <http://www.austincc.edu/current-students/> ACC Learning Labs provide free tutoring services to all ACC students currently enrolled the course to be tutored. The tutor schedule for each Learning Lab may be found at: <http://www.austincc.edu/support-and-services/tutoring-and-academic-help> For help setting up or accessing your ACCeID, ACCmail account, or ACC Blackboard, see a Learning Lab Technician at any ACC Learning Lab.

Student Rights and Responsibilities: Each student is strongly encouraged to participate in class. In any classroom situation that includes discussion and critical thinking, there are bound to be many differing viewpoints. These differences enhance the learning experience and create an atmosphere where students and instructors alike will be encouraged to think and learn. On sensitive and volatile topics, students may sometimes disagree not only with each other but also with the instructor. It is expected that faculty and students will respect the views of others when expressed in classroom discussions.

Campus Carry: The Austin Community College District concealed handgun policy ensures compliance with Section 411.2031 of the Texas Government Code (also known as the [Campus Carry Law](#)), while maintaining ACC's commitment to provide a safe environment for its students, faculty, staff, and visitors.

Beginning August 1, 2017, individuals who are licensed to carry (LTC) may do so on campus premises except in locations and at activities prohibited by state or federal law, or the college's concealed handgun policy.

It is the responsibility of license holders to conceal their handguns at all times. Persons who see a handgun on campus are asked to contact the ACC Police Department by dialing 222 from a campus phone or 512-223-7999.

IMPORTANT: Aqua fitness classes may involve considerable physical activity. Bending, stretching, lifting, and other rigorous activities

associated with Aqua fitness occur regularly in class. Such activities may expose concealed weapons and place the license holder in violation of state law. Therefore, it is recommended that concealed weapons be stored in a secure place as defined by college policy prior to entering the classroom, studio, or learning space.

Refer to the concealed handgun policy online at austincc.edu/campuscarry.

Pool areas are concealed carry exclusion zones.

Testing Center: Under certain circumstances, an instructor may have students take an examination in a testing center. Students using the Academic Testing Center must govern themselves according to the Student Guide. Use of ACC Testing Centers and should read the entire guide before going to take the exam. To request an exam, one must have:

- ACC Photo ID
- Course Abbreviation (e.g., ENGL)
- Course Number (e.g., 1301)
- Course Synonym (e.g., 10123)
- Course Section (e.g., 005)
- Instructor's Name

Do NOT bring cell phones to the Testing Center. Having your cell phone in the testing room, **regardless of whether it is on or off**, will revoke your testing privileges for the remainder of the semester. [ACC Testing Center policies](#).

ALL Austin Community College Testing Centers are Exclusion Zones where concealed handguns are prohibited.

(<http://www.austincc.edu/campus-carry/policy>)

Course Outline/Calendar: See instructor's syllabus.

Student Learning Outcomes: Upon completion of the Associate of Applied Science Degree in Kinesiology or Health, the student will be able to:

1. Describe the principles and parameters of kinesiology and physical fitness
2. Apply effective coaching and teaching strategies for kinesiology
3. Explain lifetime fitness promotion
4. Perform first aid and safety skills

