



**Division: Health and Kinesiology**  
**Course name: Kinesiology 303-2 Aquatic Conditioning II**  
**Section: 2453 / Semester: Fall 2015**

**Instructor Name: Julie Wilhoit**  
**Wilhoija@wlaac.edu**  
**Class Day: Tuesday and Thursday**  
**Class Time: 11:10am – 12:35pm**  
**Location: PEC Pool**  
**Office Hours: Tuesday and Thursday**  
**Immediately following class**

### Welcome

This semester, you will work to develop your skills to increase your fitness through use of exercises performed on the pool deck and in the water. The goal is for you to become fit and a more knowledgeable person in the area of fitness by the end of this course. The skills you learn here will help you succeed both in and out of class. However, your education is ultimately YOUR responsibility. YOUR determination, attendance and participation in class will determine your level of success. Successful college students are self-motivated and they show up to class ready to learn. Successful college students understand the importance of practicing the skills learned. You can do it and I'm here to help.

### Course Description

This is a water fitness and conditioning class that emphasizes cardiovascular endurance in the pool and muscular strength for core and upper body on the pool deck. This class promotes fitness using water resistance in the pool, core-conditioning movements on the pool deck, as well as continuous movement skills to promote muscular strength and endurance. Students do not need to know how to swim to participate in this class.

### Required Materials

Swimsuit---**PLEASE WEAR CLOTHING THAT IS CONDUCTIVE FOR SWIMMING POOL FILTERS**

Towel or yoga mat to sit on for deck work

Flip flops or slides that are not slippery on deck when the floor is wet

### Recommended Materials

Swim cap and shoes are optional

### Course Objectives

Students will identify and explain the five components of fitness.

Student will be able to identify and demonstrate neuromuscular coordination, flexibility and Cardio-respiratory and cardio-pulmonary fitness

Student will develop flexibility, coordination, agility, strength, balance and effective movement techniques for the pool.

## Student Learning Outcomes (SLO)

Using traditional fitness movements and patterns, students will learn sequences that are focused on building muscular strength, endurance and flexibility.

Through the use of repetitious exercises and movement sequences students will demonstrate increased movement.

## Course Requirements and assignment guidelines

Grades are based on class participation, attendance and a final. Absences will adversely affect your grade. **To succeed in this class you must actively participate on a regular basis. \*\*No credit will be given for sitting by the side of the pool. If you arrive more than 10 minutes late you will only receive partial credit for the class. All students are required to participate in class and take the final exam.**

### Important Dates:

Classes Begin:	September 1st, 2015
Last Day of Classes:	December 10th
Finals:	December 14th – December 20th (we do not meet during finals week)
Drop w/o Fee	September 11th, 2015
Drop w/o "W"	September 11th, 2015
Drop w/ "W"	November 20th, 2015

### Campus Closed

Labor Day	September 7th, 2015 (Monday)
Veterans Day	November 11th, 2015 (Wednesday)
Thanksgiving	November 26th – November 29th, 2015

## Grading

Absences, will affect your grade in the following manner:

0 – 3	absences A
4 - 5	absences B
6 - 7	absences C
8	student should drop

It is your responsibility to check with me regarding your grade and absences through out the entire semester.

## Class Policies

### Attendance

**Because participation is an integral part of this course, attendance is mandatory. Up to 3 absences are allowed. After that your grade will be affected. Students are expected to attend every class meeting, to arrive on time and stay throughout the class period. Excessive absenteeism will lower your grade. Students may be dropped from class for excessive tardiness, or for failure to attend class the first day or during the entire first week of the class. If sick or injured, to be excused from class, please bring in a doctors note for missed class. DO NOT come to class and sit out of participating due to illness. No credit will be given to sitting out of class.**

### **Walking In and Out of Class**

When you arrive to class, make sure you have used the restroom. If you need to use the restroom during class be sure to rinse off again before getting back into the water.

### **Preparedness**

You are expected to arrive on time with your swimsuit on, rinse off and be on the deck for the start of class activities. **CLASS BEGINS AT 11:10 am**

### **Cell Phones, iPods, etc. are not allowed in the pool, on the deck or in the pool area.**

Turn them off and put them away when class begins!

## **College Policies:**

### **Student Conduct**

According to code 9803.15, disruption of classes or college activities is prohibited and will not be tolerated. Refer to the catalog and the Standards of Student Conduct in the Schedule of Classes for more information.

### **Recording Devices**

State law in California prohibits the use of any electronic listening or recording device in a classroom without prior consent of the instructor and college administration.

## **Campus Resources**

**If you are having problems, don't let them snowball.** Come and talk with me and check out some of the campus resources available to you.

### **Office of Disabled Student Programs and Services (DSP&S)**

Student Services Building room 320, phone: 310-287-4450

West Los Angeles College recognizes and welcomes its responsibility to provide an equal educational opportunity to all disabled individuals. The Office of Disabled Students Programs and Services (DSP&S) has been established to provide support services for all verified disabled students pursuing a college education. DSP&S students may qualify for: priority registration, registration assistance, special parking permits, sign language interpreters and assistive technology (WLAC College Catalog).

### **Student Acknowledgment**

(Please return this sheet to the instructor)

"I \_\_\_\_\_, have completely read this syllabus and understand and agree to the course requirements."

Please indicate below, any special needs or circumstances that may have some impact on your work in this class, and for which you may require special accommodations, including but not limited to physical or mental disabilities, inability to arrive in class on time or need to leave class early, observance of religious holidays, etc.

Special needs or circumstances: