



**Division: Dance, Health and Physical Education**  
**Course name: Kinesiology 303 Aqua Aerobics**  
**Section: 2452 / Semester: Fall 2013**

**Instructor Name: Julie Wilhoit**  
**Class Hours: Tuesday / Thursday**  
**11:10 p.m. – 12:35 p.m.**  
**Location: PEC Pool**  
**Office Hours: Tuesday / Thursday**  
**Immediately following class**

### **Welcome**

This semester, you will work to develop your water fitness skills. The goal is for you to be a healthier and more knowledgeable person 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. YOU determine your level of success. Successful college students are self-motivated. 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 aerobic exercise and conditioning class that emphasizes cardiovascular endurance and promotes fitness using water resistance. Students do not need to know how to swim to participate in this class.

### **Required Materials**

Swimsuit  
Towel  
Flip flops or slides

### **Recommended Materials**

Body lotion  
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 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 vocabulary.

## Course Requirements and assignment guidelines

Grades are based on class participation and an exercise 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 the final exam.

## Grading

Absences, will affect your grade in the following manner:

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

## 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.

### 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 in the pool for the start of class activities.

### Cell Phones, iPods, etc. are not allowed in the pool.

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: