

Eastern Illinois University
Department of Kinesiology and Sports Studies
KSS 1310 – Aqua Exercise
Fall 2009

Instructor: Colleen Kattenbraker, M.S.
cnkattenbraker@eiu.edu

Office: 1405 McAfee

Phone: 581-5390

Office Hours: Monday 10:00-11:00 a.m. & 1:00-2:00 p.m.
Wednesday 10:00-11:00 a.m.
Thursday 12:00-1:00 p.m.
Any other time by appointment.

Course

Description: An aqua exercise program for swimmers and non-swimmers designed to enhance fitness development. This course will not count for the Physical Education aquatics requirement, or for 1 hour service course requirements for Physical Education majors with the teacher certification option.

Course

Objectives:

1. The student will use basic exercise principles for the improvement of fitness components using aqua exercise.
2. The student will promote wellness and a healthy lifestyle with a knowledge of basic nutrition and weight control principles.
3. The student will become a knowledgeable participant and have the ability to evaluate a safe and effective personal workout.
4. The student will learn various principles of aqua aerobics (types of aqua exercise, benefits, intensity level, safety, equipment, leadership skills, and nutrition, etc.).

Course

Content:

1. Participate in various aqua aerobic exercises and games.
2. Special topics will be covered each week. Students will be evaluated on their knowledge of these topics.
3. Students will be evaluated on game/routine development for aqua exercise.

Course

Requirements

& Attendance: 1. Attendance

Attendance is expected at each class meeting. It is also very important that you show up on time to class. It is the responsibility of the student to inform me of absences for illness, family emergencies, and university sponsored events, etc. **Please notify me in advance for planned and foreseeable events.** Students are responsible for verifying excused absences and must provide a written document noting the absence. If you miss class, it is your responsibility to contact the instructor as soon as possible.

2. Active Participation

Participation in this class is of the utmost importance. You can earn 5 points per class period for actively participating. The instructor will evaluate students' active participation on a daily basis. You will not be allowed to earn points if you have an unexcused absence or if you come to class and do not participate.

3. Assignments

All assignments will have a due date. **Late work will not be accepted; the only exception is in the case of a verified excused absence.**

Evaluation: Participation – 5 points per class period.
Quizzes (8) – 20 points per quiz.
Midterm Exam – 30 points.
Final Exam – 30 points.
Group Assignment – 30 points.

A = 90-100% of total points

B = 80-89%

C = 70-79%

D = 60-69%

F = \leq 59%

Textbook: Aquatics: The Complete Reference Guide for Aquatic Fitness Professionals.
2000. Sova, Ruth.

Final Exam

Schedule: TR 9:00 class: Wednesday, December 16, at 8:00 a.m.
TR 10:00 class: Thursday, December 17, at 10:15 a.m.

Students are expected to conduct themselves in a professional manner at all times. Cell phones are not to be used during class time, except in the case of an emergency.

Disability Statement: If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).

