

Eastern Illinois University
Department of Kinesiology and Sports Studies
KSS 1310 – Aqua Exercise
Spring 2010
(The syllabus can be found online at www.eiu.edu/~kss)

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Office Hours: Monday, Tuesday, Wednesday, and Thursday: 10:00-11:00 a.m.
Other times are available 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 aquatics requirement, or for 1 hour service course requirements for Kinesiology and Sports Studies majors with the teacher certification option.

Course

Objectives: The student will:

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

Course

Content:

1. Participation 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 and routine development for aqua exercise.

Evaluation:

Participation – 5 points per class period.	A = 90-100% of total points
Worksheets (8) – 20 points each.	B = 80-89%
Midterm Exam – 50 points.	C = 70-79%
Final Exam – 50 points.	D = 60-69%
Group Assignment – 30 points.	F = ≤ 59%

Attendance/Participation	50% of final grade
Worksheets/Exams/Group Assignment	50% of final grade

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 due to 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. You must contact the instructor before or immediately following an absence (do not wait until the next class). You will be allowed to make up any work from an excused absence. You will not be allowed to make up any work, turn in assignments, etc., if you are absent and it is unexcused.

As this is an activity class and attendance/participation is imperative to success in the course, students who accumulate excused absences will be required to make up those absences with a required assignment from the instructor.

2. Active Participation

Participation in this class is of the utmost importance. You can earn up to 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

Your work is due on the **DUE DATE**. Work will not be accepted after the due date unless you provide acceptable written documentation as to why it was not possible to turn in your work on time. All assignments will have a due date.

4. General Information

You are expected to be thoroughly prepared for each class. Thoroughly prepared is defined as:

- o Having all materials, including assignments, needed for class before entering the class.
- o Having sufficiently read the assigned readings before class to discuss the content and participate in class.
- o Having formulated questions and presenting these questions in class when information from readings and assignments is unclear.

Use of electronic devices such as iPods, MP3 players, and cell phones, etc. is prohibited during class, unless an emergency situation arises. This includes texting. All phones must be turned off or silenced prior to entering class.

Students are expected to conduct themselves in a professional manner at all times.

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call [217-581-6696](tel:217-581-6696), or go to 9th Street Hall, Room 1302.

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

Required

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

Final Exam: Monday, May 3, at 12:30 p.m.

