

INSTRUCTOR'S SYLLABUS

Mike Harrison

Office: Natatorium

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TEXTBOOK: None required

MATERIALS NEEDED FOR CLASS:

1. Snug fitting swim suit
2. Towel
3. Personal shower items
4. Paper and writing materials when needed

GRADING POLICY:

A. Attendance & Participation – 80%

Each absence after the first absence = 4 points: Each tardy = 1-4 points:

30 minutes late = 4 points

1. Only excused absences may be made up. Excused absences are school related activities (basketball, rodeo, student government, etc.), illness, death in the family, etc. Studying for test, visits to the counselor's office, making up other classes during a scheduled swim class, are not excused absences.
2. The excused absence must be explained to the instructor by the following class. Personal phone calls are acceptable at the number listed above. Leaving a message does not suffice.
3. It is the students responsibility to tell the instructor about the excused absence. If the student fails to tell the instructor about the excused absence by the following class, it will be marked as an unexcused absence and the student will not be able to make the class up.
4. A maximum of 2 excused absences may be made up (excluding School related activities). Last day to make up excused absences is \_\_\_\_\_.
5. The student may have a total of "5" absences. A student may be dropped for missing four consecutive classes (2 weeks) without contacting the instructor. A student will be dropped if they miss 4 classes in the first 30 days of school.
6. Points are deducted for being tardy. A tardy may not be made up. Tell the instructor of any reason for an excused tardy. If a student's tardy's are equivalent to more than one absence, then the student will be required to take the final.
7. Procedure for making up an excused absence.
  - a. To receive full credit, a student must make up the class by participating in any other scheduled swim or water aerobics class.
  - b. Students may receive ½ credit by scheduling a "Swim on your own" time.

- Student must document the make up and have the lifeguard sign form.
8. Participation is a must. Student must participate in all areas of the class. A deduction in the daily grade will result if a student fails to actively participate.

**B. TEST's – 20% Two test will be given. Each counts 10% towards final grade**

1. Test “1” will consist of 1<sup>st</sup> Day hand outs and Heart Rate material.
2. Test “2” will be the “Final Exam” and consist of material learned throughout the semester in water workouts and class room material over fitness testing.

**C. CLASS RULES: Failing to do the following will result in losing daily points**

1. Everyone must provide their own swim suit and towel. The natatorium will provide one small towel when needed.
2. No one allowed in the water until instructor has arrived.
3. No horse play or rough housing during class.
4. Class will start on time. Students will be released in time to meet their next class.
5. Regular attendance and participation is a must.
6. Everyone must shower before entering the pool.

**LAST DAY TO DROP CLASS:** \_\_\_\_\_

**FINAL EXAM DATE & TIME:** \_\_\_\_\_

Diversity Statement: In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

Levelland Campus: Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Special Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide documentation of his/her disability to the Special Services Coordinator. For more information, call or visit the Special Services Office in the Student Services building, 806-716-2577

WATER AEROBICS

PHED 1100

EXPECTED LEARNING OUTCOMES

EVALUATION

- |  |  |
|--|--|
| 1. Student will gain knowledge of the heart beat at rest and during exercise. The student should find that their resting heart rate decreases throughout the semester. | Test #1                                    |
| 2. Student will develop an understanding of water buoyancy and its advantage for exercise  | Daily participation and Test #1            |
| 3. Student will practice proper techniques of each exercise performed in the water.  | Daily participation<br>Teacher observation |
| 4. Student will gain knowledge of the major muscle groups used to perform each exercise  | Final Exam &<br>Class Participation        |
| 5. Student will recognize the importance of proper eating and exercise to reduce their % body fat.   | Final Exam                                 |
| 6. Students will examine different fitness testing protocols.  | Final Exam & class-room participation      |
| 7. Student will recognize the importance of water aerobics as a lifetime quality activity.   | Daily Participation &<br>Final Exam        |

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