I. INTRODUCTION

   a. The purpose of this course is for the student to gain proficiency and confidence in the water by learning various water skills, effective locomotion skills, along with an appreciation of safety issues.

   b. This course meets curriculum requirements for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

Upon successful completion of this course, Water Aerobics, the student will:

   a. Combine acquired water locomotion skills with presented aerobic training techniques, all designed to complete a total aquatic conditioning program for aerobic fitness.

   b. Understanding of basic fitness principles and safety guidelines will be emphasized to help the student confidently participate in a variety of water exercise and conditioning programs today and for a lifetime.

III. INSTRUCTIONAL MATERIALS:

The instructional materials identified for this course are viewable through www.ctcd.edu/books

IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

   a. Attend class regularly
   b. Be on time
   c. Suit out in proper dress
   d. Meet required skill level
   e. Pass written examinations
   f. Attend the swim meet
GRADE COMPUTATION:

Participation = 50%
Library/Internet Assignment = 10%
Mid Term = 15%
Final Exam = 15%
Skills Test = 10 %

PARTICIPATION:

A participation grade will include suiting out in proper swim attire, positive contributions to class, promptness in beginning activities, constant and maximum effort toward activity objectives, overall motivation, attitude, and demonstration of good sportsmanship. Participation will also include fitness testing, swim meet, and completing any required assignments on time.

ABSENCE AND TARDIES:

- Absences numbers one (1) and two (2) - No penalty.
- Absence number three (3) - 5 points will be deducted from your final grade (based on 100 point scale).
- Absence number four (4) - 10 points will be deducted from your final grade (based on 100 point scale).
- Should you exceed four (4) absences, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue)
- Two (2) points will be deducted from your final grade for each tardy.
- There will be no make-up classes.

Students will be required to provide a documented excuse when missing either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.
ATTENDANCE PROCEDURES:

It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving late to class must sign a tardy sheet. Students who arrive more than 15 minutes after class-time will be counted absent. Students who leave class early without consulting with the instructor will be counted absent. Students who sign in and leave class will be penalized and subject to administrative withdrawal. This action will be considered academic dishonesty.

CLASS ATTIRE:

The student must wear a bathing suit designed for swimming activity. Men must wear swim trunks with liners (no regular street shorts). Women must wear conservatively cut one-piece bathing suits. Because this is a class designed to teach water locomotion skills, students may not wear t-shirts, shorts, or water shoes in the pool. No street clothes or street shoes in the pool area. Swim caps, nose clips, ear plugs, and goggles are not required but may be worn upon approval from the instructor. Do not wear full face masks or snorkel gear. Students who fail to suit out in proper uniform will not be allowed to participate and will be counted as absent.

IMPORTANT SAFETY NOTES:

Due to the sanitation issues surrounding water activities, if a student has an open wound, is bleeding, or cannot participate in the water for any reason, the student must contact the instructor before the scheduled class. The situation will be discussed and upon approval from the instructor, arrangements may be made for a make-up on an individual basis. Students are expected to shower before entering the pool each day.

ADDITIONAL NOTES:

Due to liability and other reasons, do not bring children to class
Bring a towel to class each day (towels will not be provided for you)
Students are expected to suit out every class period except for the written exam days.
You may also want to bring a water bottle and fill with water before class.

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.
V. COURSE OUTLINE

A. Unit One: Orientation and Introduction to Water Aerobics
   1. Unit Objectives: Upon successful completion of this unit the student will:
      a. perform floats, sculling, turns, and tread water
      b. perform basic shallow and deep water aerobic exercises
      c. perform basic swimming strokes
      d. perform basic water aerobic and conditioning exercises
   2. Learning Activities:
      a. classroom lecture/discussions and demonstrations
      b. demonstration on the technique of water aerobic skills
      c. reading assignments: handouts
   3. Equipment and Materials:
      a. kickboards, arm paddles, and leg pads
      b. dumbbells, noodles, and various flotation devices

B. Unit Two: Water Safety Instruction Skills
   1. Unit Objectives: Upon successful completion of this unit the student will:
      a. explain the important aspects of water safety
      b. discuss and demonstrate teaching techniques
      c. organize a program of water safety
   2. Learning Activities:
      a. classroom lecture/discussions and demonstrations
      b. evaluation of water safety instruction methods and skills
   3. Equipment and Materials:
      a. kickboards
      b. life preservers and reaching pole