Central Texas College
Physical Education
KINE-2101 Aquatic Zoomba

Instructor:
Office Hours:

Introduction

This class will work all the major muscle groups by using the resistance of water in a pool setting. Exercise will be performed in the water, choreographed to music. The course will emphasize the development of muscular strength and endurance through the use of water for resistance. Principles of aquatic fitness, safety guidelines, and repetition training techniques are present.

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

Overall or General Objectives of this Course

Upon successful completion of a course in Aquatics Zoomba, the student will:

- understand the basics principles of Aquatic Zoomba
- understand the aquatic exercise environment
- understand the basic principles of movement in an aquatic environment

Instructional Materials

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

Requirements for the class are as follows:

1. Attend class regularly
2. Be on time
3. Suit out in proper attire
4. Pass written examinations
5. Participate in class activities
Grade Computation

Participation 70%
Weekly Journals 15%
Written Examinations 15%

*Participation grade will include suiti8ng out in proper attire, positive contributions to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of proper and safe use of equipment.

Absences and Tardies

-Absences numbers 1 and 2 – No penalty
-Absence number 3 – 5 point will be DEDUCTED from your final grade (based on a 100 point scale)
-Absence number 4 – 10 points will be DEDUCTED from your final grade (based on 100 point scale)
-Should you exceed 4 absences, you will be withdrawn from the class.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 makeup classes

The student will be required to provide a documented excuse when he/she misses written exams. It will be his/her responsibility to arrange with the instructor the exam missed. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test. If student misses a day of instruction, it is the student’s responsibility to acquire any study or handout materials distributed during the missed class.

Attendance Procedures

It will be the responsibility of the student to sign the attendance sheet before the beginning of 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

Students wear suits that give proper support, if needed, allow freedom of movement, and are comfortable. Female swimsuits should be one piece swimsuits. If student opts to wear shorts, they should be light weight material, such as running shorts, or spandex. Sweat shorts are not allowed, as they may present obstruction of movement and safety hazards. Tank tops and shirts are permitted, as long as they are fitted to the body, for example spandex tank tops, versus all cotton ribbed tank tops. Water shoes are not required but highly recommended, as they give support and protection from pool floors.
Medical

Students who have a health problem should obtain a document from a physician explaining the program and an approval for participation in the activity in which the student is involved. A current physical exam is recommended.

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.

Course Outline:

A. Activity Objectives

1. Understand the principles of aquatic fitness.
   a. Exercise intensity in the water versus land
   b. Calculating heart rate specific to water using the Karvonen Formula Specific to Water
2. Understand the aquatic fitness environment.
   a. Viscosity of water
   b. Inertia
   c. Newton’s Second & Third Law of Motion
   d. Buoyancy
   e. Surface areas
   f. Resistance
3. Evaluate present condition and establish desired goals.

B. Learning Activities

1. Classroom lecture/discussion
2. Reading assignments
3. Journaling progress
4. Tests over material distributed

C. Equipment

1. Swimming pool