

# Physical Education Health and Recreation Department Syllabus

**Course Name:** Water Aerobics

**CRN:** 45914

**Instructor:** Cheryl Harrison

**Office Phone:** None

**Office Location:** None

**Credit Hours:** 1.0

**Course Beginning and Ending Dates:** Aug. 19, 2013 - Dec. 13, 2013

**Course Number:** PEHR 1315-01

**Meeting Days and Time:** M,W 12:00 pm - 12:50

**DSU Email Address:** charrison@dixie.edu

**Office Hours:** 10 minutes after class or by appointment.

**Course Description from Catalog:** Course introduces aerobic conditioning principles designed to develop the cardiovascular-respiratory systems, strength and coordination.

**Department Objectives:** All PEHR courses have the following objectives:

- Enhance development of physical, mental, social, and emotional well-being through physical education.
- Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits.
- Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics.
- Demonstrate an understanding of physiology that promotes safety in physical exercise.
- Develop a fitness plan pertinent to the physical activity of the course. As applicable.

**Course Objectives/Outcomes:**

- To know basic water aerobic exercises.
- To improve overall health, including cardiovascular endurance and flexibility.
- To acquire skills that carry over into lifetime activities.

**Rules:**

- Please obey posted rules- no horseplay in pool area or in dressing rooms.

**Suits & Towels:**

- All students are required to wear modest swimsuits.
- All students must furnish their own towel.
- Sunscreen is recommended.

\*\*In case weather is such that we can not be in the pool, please come prepared with proper workout clothes and tennis shoes.

**Grading Criteria:**

1. Attendance: 5 points per day, 150 points total.
2. Participation Points: 5 points per day, 150 points total. Come dressed to be in the pool and participate in class activities. If you are not dressed out to swim, you will be considered unprepared for class and lose participation points.
3. Final Exam: 50 points.
4. 100% Attendance- you will not have to take the final exam.

## **The grade will be given based upon the following percentages:**

A = 100%- 94%, 350-329	A- = 93%- 90%, 328-315	B+ = 89%-87%, 314-304
B = 86%-83%, 303-290	B- = 82%-80%, 289-280	C+ = 79%-77%, 279-269
C = 76%-73%, 268-256	C- = 72%-70%, 255-245	D+ = 69%- 67%, 244-234
D = 66%-63%, 233-220	D- = 62%-60%, 219-210	F = Below 60%, 209-0

### **Institutional and Class Policies**

**Academic Integrity Policy:** Failure to comply with academic integrity, honesty, and behavior standards of Dixie State College may result in course failure or administrative withdrawal from the class. Don't cheat. Inappropriate classroom behavior may also result in an administrative withdrawal.

**Withdrawal For Disruptive Behavior Policy:** Disruptive behavior in class may also lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students. You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written 'warning' letting you know that you have not made the required behavioral adjustments.
3. Administrative withdrawal.

**College Withdrawal Policy:** If you decide to withdraw from class, it is your obligation to formally do so through the registrar's office to make sure you are not still on the role for the class.

**Student Support Services:** If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516 M.

**Dmail:** You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit [go.dixie.edu/dmail](http://go.dixie.edu/dmail). If you do not know your Dmail username or you have forgotten your PIN, visit [go.dixie.edu/mydixie](http://go.dixie.edu/mydixie) and follow the respective instructions.

**Important Links:** As a student at Dixie State University, you have access to several helpful resources:

- Library
- Computer Lab (located at the Smith Computer Center and the Library)
- Disability Resource Center - Provides services and accommodations to students with disabilities.
- IT Student Help Desk - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- Online Writing Lab - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- Testing Center
- Tutoring Center - Free and open to all students. Improve your study skills and clarify concepts and class material.
- Writing Center - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our Campus Map for the location of these and other resources.

M 8/29	Syllabus
W 8/21	Health Goals
M 8/26	Basics
W 8/28	Basics
M 9/2	Labor Day- No School
W 9/4	Basics
M 9/9	Cardio/ Upper Body
W 9/11	Cardio/ Lower Body
M 9/16	Cardio/ Abs
W 9/18	Intervals
M 9/23	Laps
W 9/25	Ultimate
M 9/30	Cardio/ Upper Body
W 10/2	Cardio/ Lower Body
M 10/7	Cardio/ Abs
W 10/9	Interval
M 10/14	Laps
W 10/16	Deep Water
M 10/21	Cardio/ Upper Body
W 10/23	Cardio/ Lower Body
M 10/28	Cardio/ Abs
W 10/30	Intervals
M 11/54	Laps
W 11/6	Ultimate
M 11/11	Cardio/ Upper Body
W 11/13	Cardio/ Lower
M 11/18	Cardio/ Abs
W 11/20	Laps
M 11/25	Intervals
W 11/27	Thanksgiving Break- No School
M 12/2	Teach
W 12/4	Health Goals
M 12/9	Final Exam 12:30- 2:30pm

## **Important Semester Dates:**

<b>2013</b>	<b>Fall Semester</b>
<b>Aug 19</b>	<b>Classwork Starts</b>
<b>Aug 22</b>	<b>Last Day to Waitlist</b>
<b>Aug 23</b>	<b>Last Day to Add Without Signature</b>
<b>Aug 28</b>	<b>Drop/Audit Fee Begins (\$10 per class)</b>
<b>Sep 2</b>	<b>Labor Day</b>
<b>Sep 3</b>	<b>\$50 Late Registration/Payment Fee</b>
<b>Sep 9</b>	<b>Pell Grant Census</b>
<b>Sep 9</b>	<b>Last Day for Refund</b>
<b>Sep 9</b>	<b>Last Day to drop without receiving a “W” grade</b>
<b>Sep 10</b>	<b>Courses dropped for non-payment</b>
<b>Sep 13</b>	<b>Last Day to Add/Audit</b>
<b>Oct 9</b>	<b>Mid-Term Grades Due</b>
<b>Oct 10-11</b>	<b>Semester Break</b>
<b>Oct 14</b>	<b>Last Day to Drop Individual Class</b>
<b>Oct 21</b>	<b>Spring and Summer 2014 class schedules available online</b>
<b>Nov 8</b>	<b>Last Day for Complete Withdrawal</b>
<b>Nov 11</b>	<b>Spring Registration open to Seniors (90+ credits)</b>
<b>Nov 12</b>	<b>Career Day</b>
<b>Nov 12</b>	<b>Spring Registration open to Juniors (60+ credits)</b>
<b>Nov 13</b>	<b>Spring Registration open to Sophomores (30+ credits)</b>
<b>Nov 14</b>	<b>Spring Registration Open to All Students</b>
<b>Nov 27-29</b>	<b>Thanksgiving Break</b>
<b>Dec 6</b>	<b>Classwork Ends</b>
<b>Dec 9-13</b>	<b>Final Exams</b>