**Portland Community College**

**PE 180 H Aquatic Exercise**

**Syllabus**

PCC Sylvania Campus – 1 credit

Winter 2009 - CRN: 10290

Mon/Wed/Fri 11:00pm – 11:50pm, HTPool

Coed Classes – All levels welcome

Facilitator: Lia Kidoguchi

E-Mail: lkidoguc@pcc.edu

WebSite: http://spot.pcc.edu/~lkidoguc

Office: HT215, Phone: 503-977-4210

Office Hours: by appointment

All written communication with your instructor requires class ID (AqEx M/W/F) in the subject line!

Do not put your Social Security or "GO" numbers.

This class offers knowledge and skills to keep fit for life. It teaches safe performance of movement and exercise in a progressive approach and offers an opportunity to improve and/or maintain a high level of fitness through application of aerobic training principles in an aquatic environment. This class is designed for all fitness levels. Swimming skills are not required.

In particular, this class will offer instruction and practice in proper aquatic exercise conditioning techniques and safety procedures. The comprehensive workout incorporates aerobic conditioning, muscular strengthening, abdominal toning and tension-release stretching sections to improve aerobic capacity, strength and flexibility without the negative effects of gravity. Students will be encouraged to exercise at their own comfort level and engage in a variety of low-impact movements from low to high intensity. This water conditioning class will focus on improving the cardiovascular and muscle systems, but also cover basic principles of exercise science, nutrition, cardiovascular and muscle endurance programming. Workouts will include warm-up, cardio-, muscle-, and core-conditioning, and range of motion exercises both in the shallow and deep pools. Classes might incorporate use of flotation equipment for buoyancy and water resistance, and a mini-lecture at the start and/or end of class. Class activities include basic water aerobics, intervals, circuits, games, and other styles of upright water workouts.

**Course Objectives:**

To recognize and apply the value and benefits of physical fitness.

To understand the basic properties of water (temperature, buoyancy, resistance, eddy/drag) and articulate the benefits of water exercise.

To understand the basic principles of aerobic & anaerobic exercise training (duration, intensity, mode, overload) and how to apply these to a water exercise class.

To increase knowledge and awareness of skeletal alignment and body mechanics, emphasizing an intelligent use of the body.

To understand and demonstrate safe and effective warm-up, cardiovascular/muscle workout, core workout, cool-down, and stretching exercises in the water.

To properly perform a variety of methods for monitoring intensity in the water, and modify workouts for an individualized intensity.

To increase strength, co-ordination, flexibility and range of motion and improve general and aquatic cardiovascular fitness levels for maintaining lifelong health and fitness.

To employ knowledge and respect for universal water safety and rules around the pool environment.

To use a variety of water exercise equipment and be able to explain the positive and negative aspects of each.

To explain a number of ways to get a great workout in the water without “swimming”.


**PCC Pool Rules:** The *Lifeguard* is the ultimate authority

- No Lifeguard on duty – no Body in the pool
- 1 long whistle blast means: **CLEAR THE POOL NOW!!**
- No activities that compromise pool safety, such as chewing gum, running, horseplay, wearing zoomers/flippers on deck, underwater swimming (competition), diving into the lap pool
- No personal items unrelated to pool activities on the pool deck
- **Do** shower before entering the water
- **Do** pick up after yourself: you collect equipment, use it, rinse it, then put it away properly
- **Do** follow the Lifeguard’s instructions

**ADA:** Students who have special needs and require a classroom adjustment or specific instructional accommodation shall contact a counselor in the Office for Students with Disabilities (OSD): [www.pcc.edu/resources/disability](http://www.pcc.edu/resources/disability) as soon as possible. Please make arrangements to meet with me during the first week of term to submit the OSD Approved Academic Accommodations form.

**Attire:** Student shall be dressed in suitable workout attire. Clean, “activity” swim wear in good condition is required. Cut-offs or sun/string bikinis are unacceptable.

Hair will not be permitted to hang in the face and it is recommended to secure it above the shoulders to keep it out of the water.

Cell phones, fragrances, food, chewing gum or drinks other than water in a closed container are *verboten*.

Personal bags, backpacks, and other non-class related items, will not be allowed on the pool deck. Valuables shall be left at home and other belongings stored in lockers. Please **do** bring your emergency medication.

**Grading:** The default grading option is the traditional graded system (A, B, C, D, or F). Other grade options must be requested in writing via a dated and signed pink Grade Option Request Sheet (available from Instructor) by the end of week eight. Further:

- **Pass/No-Pass (P/NP)** requires an equivalent to a letter grade of C or better for a Pass.
- **Audits (AUD)** require 65% (20 of 30 classes) attendance and participation to be valid.
- **Withdrawal** is the student’s responsibility. Please refer to Catalog Calendar for the last day a student can contact Student Records to drop a class and receive a “W”.


**Grading:** This is a movement class, so attendance is the major component of your grade. Additionally, points are awarded for attitude, participation and effort, and attendance at the practical final.

Knowledge is empowering, so there will be selected reading from my web page, mini-lectures at the beginning of each class, and three written assignments. The Final must be attended. Failure to attend will result in a significant drop in a letter grade.
**Make-ups:** A maximum of 2 weeks’ worth of make-ups that are completed the week before finals week are allowed. A similar supervised Portland Community College P.E. activity class (Aquatics) of equal duration that the student is not currently enrolled in may be used as make-up. Check the PCC schedule for appropriate classes, their dates, times, and locations. 80 minute classes earn 12 attendance points each, i.e., 24 per week. 50 minute classes earn 8 points each, i.e., 24 per week. Only one make-up per day is acceptable. Classes can not be made up at a rate faster than regular class meets, i.e., no more than 28 points per week. Make-ups must be complete and submitted to the Instructor within three weeks of the date of absence. Prolonged illness will be the only exception to the make-up rules. Make-up cards will not be accepted during the last week of school (finals week). Please contact your instructor in a timely manner if you have any questions.

**Grading:**

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<th>Total possible points:</th>
<th>300</th>
<th>300-274</th>
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<tbody>
<tr>
<td>Attendance:</td>
<td>245</td>
<td>273-254</td>
<td>B</td>
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<tr>
<td>8 points per 50 min</td>
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<td>253-242</td>
<td>C or Pass</td>
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<td>class attendance</td>
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<td>241-231</td>
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<td>&lt; 230</td>
<td>F</td>
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<td>be deducted for</td>
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<td>&gt;=20 classes</td>
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<td>being late, leaving</td>
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<td>attitude, participation, effort, consistency of work level</td>
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**Assignments:**

- (download instructions from “AqExAssignments”)
- **Expectations** and **Evaluation** e-mails (2)
- Reading: Selected Chapters (Topics, AquaTopics)
  from Lia’s web site, [http://spot.pcc.edu/~lkidoguc](http://spot.pcc.edu/~lkidoguc)
- **Aquatics OnLine Quiz** (due Wed, 25th Feb before class)
  (link on BlackBoard will be activated one week before due date)

**Mandatory (Practical) Final:**

AqEx M/W/F/ 11:00: Mon 16th March, 11:00-12:00

**Questions?** Please feel free to ask!

**Of Interest:** The Sylvania Library has several Aquatic Exercise Videos available for check out.

**Computer Help Desk for Students:** [http://www.pcc.edu/pcc/tmp/student_help_desk.htm](http://www.pcc.edu/pcc/tmp/student_help_desk.htm)

**Library Laptop Checkout:** [http://www.pcc.edu/library/equipment/student.htm](http://www.pcc.edu/library/equipment/student.htm)

**Student Multimedia Lab:** [http://spot.pcc.edu/sml/](http://spot.pcc.edu/sml/)

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