Portland Community College  
PE 180 H Aquatic Exercise  

Syllabus  

PCC Sylvania Campus – 1 credit  
Fall 2006 - CRNs: 45869  
Mon/Wed/Fri 9:00pm – 9:50pm, HTPool  
Coed Classes – All levels welcome  

Facilitator: Lia Kidoguchi  
E-Mail: lkiDoguc@pcc.edu  
WebSite: http://spot.pcc.edu/~lkidoguc  
Office: HFT15, 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!

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”.

Breathe, Enlighten and Enjoy! Through Movement We Find Health

Dress:
Appropriate swim wear (clean, “activity” suit in good condition) is required.
AquaGloves, AquaShoes or AquaSocks are optional.
A cleansing shower before entering the water is required by law, and strongly recommended to prevent undue deterioration of suit and rashes on skin.
A towel card and locker can be checked out at the issue window, good for the whole term. In an effort to improve security for our students, personal bags, backpacks, and other non-class related items will not be allowed on deck.
No fragrances, food, chewing gums or drinks other than water in a closed, non-breakable container, please.

Library Laptop Checkout: http://www.pcc.edu/library/equipment/student.htm
Student Multimedia Lab: http://spot.pcc.edu/sml/

Questions? Please feel free to ask! All written communication with your instructor requires class ID in the subject line!
Grading: This is a movement class, so attendance is a major component of your grade. Additionally, points are awarded for attitude, participation and effort, attendance at the practical final, and for three written assignments. The Final must be attended. Failure to attend will result in a significant drop in a letter grade.

Default is a letter grade. Audit (65% = 20 of 31 classes attendance and participation) and Pass/No-Pass (equivalent to letter grade of C or better, see [http://www.pcc.edu/pcc/rec/gradedefine.htm](http://www.pcc.edu/pcc/rec/gradedefine.htm)) must be requested in writing (Grade Option Request Sheet) by the end of week eight. Please refer to Catalog Calendar for the last day to drop a class and receive a “W”. Ultimate responsibility for withdrawal from a course resides with the student.

Make-ups: A maximum of 4 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 may be used as make-up. Check the PCC schedule for appropriate classes, their dates, times, and locations. Our classes earn 8 attendance points each, i.e., 24 per week. 80 minute classes earn 12 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 24 points per week. Make-ups for absences incurred due to late registration or due to repeated tardiness count towards the maximum of 4 make-ups allowed. 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).

Grading: Total possible points: 300

<table>
<thead>
<tr>
<th>Attendance:</th>
<th>215</th>
<th>253-242</th>
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</thead>
<tbody>
<tr>
<td>7 points per class attendance</td>
<td>273-254</td>
<td>C or Pass</td>
</tr>
<tr>
<td>4 points deduction for being late, leaving early or sit outs</td>
<td>241-231</td>
<td>D</td>
</tr>
<tr>
<td>attitude, participation, effort, consistency of work level</td>
<td>&lt; 230</td>
<td>F</td>
</tr>
<tr>
<td>1 point per class</td>
<td>&gt;=20 classes</td>
<td>Audit</td>
</tr>
</tbody>
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Assignments: 30

Final (on Mon 11th Dec/Thur - mandatory) 24

ADA: Students who have special needs and require a classroom adjustment or specific instructional accommodation should make their needs known. Please make arrangements to meet with me early in the term to discuss your request.

Of Interest: The PCC Library has Aquatic Exercise Videos available for check out.

**Assignments**

1. Assignment #1 – 5 points: Expectations e-mail
   Due Date: Wednesday, 27th September 2006, before class.
   There is a one point deduction per day this assignment is submitted late.
   1.1. Send me an e-mail with your class ID (AqEx M/W/F) & “Expectation” in the subject line.
   1.2. In the body, state your name, and in a short paragraph, explain why you enrolled in this class, and what you expect from it. Have you ever done Aquatic Exercise before? Can you swim? What other physical activities do you engage in? What do you want to achieve, and how do you think this class is going to help you?
   1.3. Keep a copy of my reply to revisit at the end of term for Assignment #3.

2. Assignment #2 – 20 points: On-line Exam
   2.1. Due Date: Wednesday, 6th December 2006, before class.
   2.2. There is a five point deduction per day this assignment is submitted late.
   2.2.1. Go to the WebSite, (see Syllabus), follow the links to the AquaTopics, and explore the notes on the various topics. Reading assignment will be announced at beginning of class.
   2.2.2. Take the On-line Exam (link on index of AquaTopics will be activated towards the end of the term).
   2.2.3. Use the “Submit by e-mail” button to send your data to me on the due date. Follow the instructions as they pop up on your monitor. Submittal of hardcopy requires prior instructor approval.

3. Assignment #3 – 5 points: Evaluation e-mail
   3.1. Due Date: Wednesday, 6th December 2006, before class.
   3.2. There is a one point deduction per day this assignment is submitted late.
   3.2.1. Open my reply to your expectations e-mail and “reply” to it. Remember to put your class ID & “Evaluation” in the subject line.
   3.2.2. Review your expectations.
   3.2.3. Analyze whether now, at the end of this term, those expectations were met, and in what way.
   3.2.4. If this class did not meet your expectations, explain briefly what you/this class would have needed to help you achieve your goals.
   3.2.5. If you were asked about this class how would you describe your experience (did you enjoy it, why/why not, would you enroll again, would you recommend it to a friend; was there a part you particularly liked or disliked?)

Questions? Please feel free to ask! *All written communication with your instructor requires class ID in the subject line!*