Portland Community College  
PE 180 H Aquatic Exercise  
Syllabus

PCC Sylvania Campus – 1 credit  
Fall 2007 - CRN: 44104  
Mon/Wed 8:30pm – 9:50pm, HTPool  
Coed Classes – All levels welcome

Facilitator: Lia Kjdoguchi  
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) 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 in command, and 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 running, horseplay, wearing zoomers/flippers on deck, underwater swimming (competition), diving headfirst 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, then rinse and put it away properly
- Do follow the Lifeguard’s instructions
Dress: Appropriate swim wear (clean, “activity” suit in good condition) is required. 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.

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 four 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% = 14 of 22 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 (collect Grade Option Request Form from me) 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 11 credit points each, i.e., 22 per week. 50 minute classes earn 7 points each, i.e., 21 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 22 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:**

<table>
<thead>
<tr>
<th>Attendance:</th>
<th>300</th>
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<tbody>
<tr>
<td>8 points per class attendance</td>
<td>273-254</td>
</tr>
<tr>
<td>4 points deduction for being late, leaving early or sit outs</td>
<td>253-242</td>
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<tr>
<td>attitude, participation, effort, consistency of work level</td>
<td>241-231</td>
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<tr>
<td>up to 3 point per class</td>
<td>&lt; 230</td>
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<tr>
<td>Assignments:</td>
<td>66</td>
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<tr>
<td>pre- and post-term e-mails</td>
<td>&gt;=20 classes</td>
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<tr>
<td>Reading: from Lia’s web site, <a href="http://spot.pcc.edu/~lkidoguc">http://spot.pcc.edu/~lkidoguc</a>:</td>
<td></td>
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<tr>
<td>Topics: AquaTopics - Qualities of Water</td>
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<tr>
<td>Topics: The CardioRespiratory System</td>
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<tr>
<td>Additional reading may be assigned</td>
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<tr>
<td><strong>Aquatics OnLine Exam</strong> (due Wed, 5th Dec before class)</td>
<td>20</td>
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<tr>
<td>(link on Topics page will be activated one week before due date)</td>
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<tr>
<td><strong>Practical Final</strong> (on Wed 12th Dec, 8:00-10:00 - mandatory)</td>
<td>28</td>
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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.

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

*All written communication with your instructor requires **class ID (AgEx M/W)** in the subject line! Do not put your Social Security or “GO” numbers.*

*Breathe, Enlighten and Enjoy! Through Movement We Find Health! Take a Load Off!*
Preliminaries:

- It is the responsibility of the student to ensure that assignments are received and turned in on time. Work submitted late will not be considered for a grade, unless specifically otherwise indicated.
- Work may be submitted before the due date and will be graded with the rest of the class submittals. Contact your instructor in a timely manner to arrange for an early submittal mode.
- All written work shall be submitted in printed format, and shall include your name and class ID. Do not put your Social Security or “GO” numbers.
- Read instructions for each assignment carefully, and use them as guides for your answers.

1. Assignment #1 – 5 points: Expectations e-mail
   Due Date: Wednesday, 26th September 2007, 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) & “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: Aquatics OnLine Exam
   2.1. Due Date: Wednesday, 5th December 2007, before class.
   2.2. There is a four point deduction per day this assignment is submitted late.
   2.2.1. Go to the WebSite, (see Syllabus), follow the links to the Topics, and explore the notes on the various topics, in particular the AquaTopics and the chapter about the CardioRespiratory System. Other reading assignments may be announced at beginning of class during the term.
   2.2.2. Take the AquaticsOnLine Exam (link on Topics will be activated one week before due date at the end of term).
   2.2.3. Follow the instructions at the end of the exam to submit your .xml data file by e-mail. Submittal of hardcopy requires prior instructor approval and carries a four point deduction.

3. Assignment #3 – 5 points: Evaluation e-mail
   3.1. Due Date: Wednesday, 5th December 2007, 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?).

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

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