

**Auburn University**  
**Department of Kinesiology**  
**PHED 1250 – Section 001**  
**CardioRespiratory: Water Aerobics**  
**Spring 2010**

**Instructor:** Maria Morera-Castro

**Office:** 1464 Haley Center

**Email:** [mzm0015@auburn.edu](mailto:mzm0015@auburn.edu)

**Office Hours:** by appointment

**Class Time:** TR 9:30 – 10:45 am

**Class Location:** Martin Aquatics Center

**Credit Hours:** 2

**PAWP Coordinator:** Jared Russell, PhD – [russej3@auburn.edu](mailto:russej3@auburn.edu)

**Required Text:** McGraw Hill Electronic Text.

1. Register at - [http://mhlearningsolutions.com/Auburn\\_health/login.php](http://mhlearningsolutions.com/Auburn_health/login.php).
2. Click on student registration.
3. Complete registration information. You will need two codes.
  - a. I will provide the first code to you and will be published on Blackboard by the second week of classes. Be sure to input the CORRECT code to ensure that re receive YOUR grades.
  - b. The second code is on the card you purchased from the bookstore.
4. Click on PHED 1250.001: CardioRespiratory – Water Aerobics.
5. There will be six modules on the on the left toolbar: exercise vocabulary, health benefits, the FITT principle, behavior change, preparing and recovering from exercise, and cardiorespiratory – water aerobics. Each module has an assessment at the end that will count toward your grade.
6. At the top you will see section list, grades, add new course, profile and logout. Click on the grades tab to view your grades for the assessment. The profile contains your registration information. Please logout after each use.
7. Please log onto and register as soon as possible (follow the instructions guidelines)

**Course Description:** To teach students the basics of water aerobics. Students will be exposed to water aerobic moves and the techniques involved, as well as basic water aerobics workouts that can be incorporated into a fitness routine.

**Course Objectives:** Students will learn and/or continue to develop the fundamental skills of water aerobics. Students will be exposed to a weekly physical activity routine. Students will be able to increase their fitness level through aquatic exercise, which corresponds to a healthier lifestyle. In order to obtain these objectives the following rules apply:

- No horseplay
- No running around the pool
- Wear appropriate attire
- Obey all rules of Martin Aquatics Center
- The instructor/Martin Aquatics Center Staff reserves the right to dismiss any student if the rules/instructions are not being followed

**Professionalism:** As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional commitments or dispositions are listed below:

- Engage in responsible and ethical professional practices
- Contribute to collaborative learning communities
- Demonstrate a commitment to diversity
- Model and nurture intellectual vitality

**Electronic devices:** Please turn off your cell phone before class. If you are expecting an important call, please let me know before class.

### **Physical Activity and Wellness Program Attendance Policy**

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. Participation is defined as, but not limited to, “fully engaging in the course content and activities at a level that is deemed appropriate by the instructor.” Failure to appropriately participate in the course content and activities can result in a deduction of points from a student’s overall course grade at the discretion of the instructor. Moreover, at the discretion of the instructor, students arriving tardy to class will lose 1% of their final grade per offense. Unexcused absences cannot be made up and will result in a 3% deduction from the student’s final grade per absence. Once a student has accrued five (5) unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) excused absences (excused, unexcused and/or combination of each type) will not be permitted to take the final examination and will receive a grade of FA. Excused absences will be treated as follows:

- a. Students must provide the instructor with a valid excuse upon returning to class (refer to Auburn University’s policy concerning class attendance and excused/unexcused absences): and
- b. Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor’s timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor’s discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University’s policies concerning attendance, absences, academic honesty, and make-up work as found in the [Auburn Bulletin](#).

## AU BULLETIN EXCUSED ABSENCE POLICY

“Arrangement to make up missed major examinations (e.g. hour exams, midterm exams) due to properly authorized excused absences (as defined by the Tiger Cub) shall be initiated by the student within one week from the end of the period of the excused absence. Normally, a make-up exam shall occur within two weeks from the time that the student initiates arrangements for it... Instructors are expected to excuse absences for:

- a. Illness of the student or serious illness of a member of the student’s immediate family. **The instructor may request appropriate verification.**
- b. The death of a member of the student’s immediate family. **The instructor may request appropriate verification.**
- c. Trips for members of the student organizations sponsored by an academic unit, trips for University classes, and trips for participation in intercollegiate athletic events. When feasible, the student must notify the instructor prior to such absences, but in no case more than one week after the absence. **Instructors may request formal notification from appropriate University personnel to document the student’s participation in such trips.**
- d. Religious holidays. Students are responsible for notifying the instructor in writing of anticipated absences due to their observance of such holidays.
- e. Subpoena for court appearance. **The instructor may request appropriate verification.**

## STATEMENT OF STUDENT ACCOMMODATION

Students who need accommodations are asked to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by E-mail. Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with The Program for Students with Disabilities, 1244 Haley Center, 844-2096 (V/TT).

**Honesty Code:** The University Honesty Code and the Tiger Cub Rules and Regulations pertaining to Cheating will apply to this class.

**Medical Considerations:** If you have a condition that may affect your participation in this class (diabetes, epilepsy, heart murmurs, knee or back injuries, etc.) please notify the instructor promptly in private. Students will be required to complete a Health Status Form and a Health Referral Form if you have any known health problems.

## **ALL STUDENTS ARE REQUIRED TO KEEP TRACK OF THEIR ABSENCES.**

**Punctuality:** The class starts at 9:30 am. To receive credit for attending, students must be present the entire time. If you are not in class and in the water by 9:35 am but still come to class, you will receive a tardy. If you are not in class by 9:45 am, you will be consider as absent.

**Late Work:** Assignments will be accepted only during class time. If you are in class, work must be turned in at that time. Late work associated with an excused absence will be dealt with in accordance to the above Physical Activity and Wellness Program Attendance Policy.

**Grade Revisions:** Students may respectfully question scores on exams or quizzes within one week after they are turned back in class. Please set up an individual meeting with the instructor to do this. Following the one-week period, all grades are non-negotiable.

### Grading & Evaluation Criteria:

<u>Criterion</u>	<u>Point Value</u>	<u>Grading Scale</u>	
Web Portal Assessments	30	A	$\geq 89.50$
Final Exam – Classroom Instruction	20	B	79.50 – 89.49
Participation/Attendance	50	C	69.50 – 79.49
		D	59.50 – 69.49
		F	$\leq 59.49$
<b>Total</b>	<b>100</b>		

1. **Assessments (30 points):** There will be 6 assessments total. Assessments will be taken through the Web Portal. Assessments will be accessible for an entire week: starting at 8:00 am on Monday and closing at 5:00 pm on Friday.

2. **Final Exam – Classroom Instruction (20 points):** you will be teaching the class as your final exam. I will assign three students to a class period in which they will (individually) teach the class their routine. Specific instructions follow the syllabus.

3. **Class Participation 50%:** Attendance and participation are vital for a successful experience of each student; i.e., if a student is not in attendance, they can not participate. To earn the participation points, students must attend class on time, dress appropriately, and take part in the activities throughout the class period (lecture, lab activities, assignments and exams).

Water Days:

- Swimwear
- Ladies – one-piece only
- Men – trunks only
- Swim cap or rubber band
- Towel
- Water bottle
- \*No cut-offs, gym shorts, or dangling jewelry will be allowed in the pool

### Summary

- **Professionalism:** As faculty, staff, and students interact in university settings, they are expected to demonstrate professional behaviors as defined in the College's conceptual framework. These professional commitments or dispositions are (a) engaged in responsible and ethical professional practices, (b) contributed to collaborative learning environments, (c) demonstrated a commitment to diversity, and (d) modeled and nurtured intellectual vitality.
- STUDENTS NEED to be ON TIME and PARTICIPATE for the ENTIRE CLASS PERIOD!!
- **If you are unable to attend for any reason or you are going to be late, please email me ([mzm0015@auburn.edu](mailto:mzm0015@auburn.edu)) as soon as possible.** This email does not excuse your absence.

- **Appropriate verification and a copy of the excused absences** must be provided to the instructor **within one week** of the absence (refer to Auburn University's policy concerning class attendance and excused/unexcused absences).
- If the student is 5 minutes late from the time the class begins, it will count as a tardy, and the result will be in a 1% deduction from student's final grade per offense.
- **Unexcused absences cannot be made up, and will result in a 3% deduction from the student's final grade per absence.** Once a student has accrued more than five (5) unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA.
- **Missed Assessments/Evaluation:** If you miss an evaluation or assessment you will receive a 0. Students with excused absences will be allowed to make up missed evaluation or assessments within one week of their return to class.

**Important dates:**

Jan 12	Water aerobics class begin
Feb 2th	Web Portal Assessments 1 and 2 (NO CLASS)
Feb 4th	Web Portal Assessments 3 and 4 (NO CLASS)
Feb 9th	Web Portal Assessments 5 and 6 (NO CLASS)
Mar 15-20	Spring Break
Mar 23	Performance evaluation: Group 1 and 2
Mar 25	Performance evaluation: Group 3 and 4
Mar 30	Performance evaluation: Group 5 and 6
Apr 1	Performance evaluation: Group 7 and 8
Apr 6	Performance evaluation: Group 9 and 10
Apr 8	Performance evaluation: Group 11 and 12
Apr 13	Performance evaluation: Group 13 and 14
Apr 15	Performance evaluation: Group 15 and 16
Apr 20	Performance evaluation: Group 17 and 18
Apr 29	Last day of class
May 3	Classes End
May 4	Study/Reading Day
May 5-7, 10-11	Final Exam Period

**\*\*\*\*\*The above content, schedule and procedures in this course are subject to change at the discretion of the instructor\*\*\*\*\***

**Information Sheet – Spring 2010**  
**PHED 1250.001: CardioRespiratory – Water Aerobics**

**Instructor:** Maria Morera-Castro  
**Department of Kinesiology**

**Name:** \_\_\_\_\_

**Local Address:** \_\_\_\_\_

**Phone Numbers:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_

**Medical Concerns:** \_\_\_\_\_

**About You:**

**Major:** \_\_\_\_\_ **Year:** \_\_\_\_\_

**Do you have a regular workout routine?**

**Why are you taking this course?**

**What are your goals for this semester?**

**Tell me something about yourself that I don't know by just looking at you.**

**PHED 1250.001 – CardioRespiratory: Water Aerobics**  
**Final Exam – Classroom Instruction Guidelines (20 points)**

**Assignment:** pairs (without help from classmates), compose a water aerobic workout that will be due sometime between March 23 and April 20. I will assign the date your presentation will take place. Your workout should be 30 minutes long. The purpose of this project is to allow you and your classmate to take the skills and knowledge you have gathered from this class and create your own water aerobics workout for your fellow classmates. Remember to be creative! The possibilities are endless . . .

**Instructions:** Arrive to class prepared to put your classmates through their paces by utilizing a fun, upbeat, creative workout routine. You may use outside sources to design your workout, but I highly encourage you to use your own creativity. You may utilize any of the equipment available to the class and incorporate any exercises you wish, even if we haven't done them previously.

Bring with you to class one sheet of paper with a typed list of each exercise you are going to use, and the length of time you are going to have the class perform that exercise. Include your name, date, and the course number and section at the top of the page. At the bottom of the page, list all references/website you used in the creation of your workout.

Follow these guidelines *exactly* to receive full marks for your classroom instruction.

**Grading:** You will be graded on length of the workout, creativity and originality, enthusiasm, and exercise descriptions and demonstrations. At the end of your routine, you will turn in the above mentioned sheet, which will be graded to see that each component mentioned above is present.

Important: Being late or absent on your assigned date will negatively impact your score. An unexcused absence on the date of your will result in you receiving a 0; there will be no exceptions.