

**Oxford College**  
**PE 108 – Aquasize/Water Aerobics**  
**MWF 12:50-1:40**  
**Spring 2010**

**Instructor: Anthony Gonzales**  
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**Phone: 770-784-4675**

**Office: Williams 103**  
**Hours: MW 12:00-12:30**  
**TR 10:30-11:15**  
**Or By Appointment**

**Course Objectives:** An entry-level course that emphasizes basic performance techniques, skills and instruction of aerobics and a major focus on water aerobics, resistance training in the water. This course will involve swimming in deeper water.

**Text:** There is no official text for this class. Readings will be distributed from instructor.

**Attendance:** Students are expected (and highly recommended) to attend every class. Tardies will result in 1 participation point deducted up to 5 minutes after class starts, 2 points for up to 10 minutes, and up to 4 points after 10 minutes. Students are responsible for all information/activities done in class whether they are attended or not.

**Participation:** Student participation is a key for success in this class. Four (4) points will be given each day for participation as follows:

- 4 = excellent participation of class activities/lectures, proper attire for class
- 3 = good participation
- 2 = average participation
- 1 = below average participation
- 0 = no participation or absent

**Assignments:** There will be two major assignments during this class. More detail will be given at the time of assignment.

- 1) Water Aerobic Assignment Creation (Due March 31) – 20 points
- 2) Water Aerobic Exercise Program (April) – 20 points

**Written Exams:** Written Exams will be worth 50 points. The first written exam will be on Wednesday, March 3<sup>rd</sup> and the second written exam will be on Wednesday, April 7. Your written final will be comprehensive over the given semester. The final will be given on Wednesday, April 21<sup>st</sup> and will be worth 100 points.

**Evaluation:** There will be a total of 400 points for this class. The breakdown is as follows:

Participation = 40 days x 4 points = 160 points  
Assignments = 20 x 2 = 40 points  
Test 1 = 50 points

Test 2 = 50 Points  
Final Exam = 100 points  
Total Points = 400 points

The grading scale for this class is:

360 - 400 = A  
320 - 359 = B  
280 - 319 = C  
240 - 279 = D  
239 and less = F

**Learnlink Conference:**

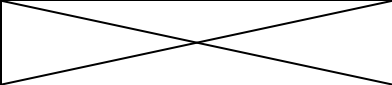
**Attire:** Appropriate exercise clothing will be required for this class. For the land aerobic days; gym shoes, sweats, shorts, t-shirts are acceptable. Make sure you wear the appropriate socks with your footwear. Water aerobic days will require the appropriate swimming attire.

**Reminder:** Class activities may include vigorous physical activity. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature and provide documentation from your physician stating 1) the medical condition, 2) limitations of the condition, and 3) recommendations that would help you meet the requirements of the course. Students may also contact the Office of Disability Services (404-727-6016)

**Reasonable Accommodations for Students with Disabilities:** If you have a disability that may require assistance or accommodations, or you have questions related to any accommodations for testing, note taking, reading, physical activity, etc., please speak with me as soon as possible. Students may also contact the Office of disability Services (404-727-6016) with questions about such services. It is the student's responsibility to initiate considerations' all students must self-disclose to ODS and complete the registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center located in Language Hall (770-784-4722).

**Honor Code:** Article 2.A "A student's signature on a paper or test submitted for credit shall indicate he or she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others."

**Grade Appeal Process:** If you wish to contest the final grade you receive in this class you are to put your request to me in writing within five (5) days of the final grades being posted. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the five (5) day deadline.

<b>Monday Workout</b>	<b>Wednesday Lecture</b>	<b>Friday Workout</b>
	Jan 13 – What is PE 108	Jan 15 – Self Workout
Jan 18 – Williams Gym Aerobics Discussion	Jan 20 – Cardiovascular System	Jan 22 – Williams Gym Beep Test
Jan 25 – Williams Gym STEP	Jan 27 – CV System	Jan 29 – Williams Gym BoS
Feb 1 – Williams Gym STEP	Feb 3 – Muscular System	Feb 5 – Williams Gym Tae Bo (Basic&8Min)
Feb 8 – Williams Gym STEP	Feb 10 – Muscular System	Feb 12 – Williams Gym LBoS
Feb 15 – Williams Gym Mile Run	Feb 17 – Nutrition	Feb 19 – Williams Gym Tae Bo (Advanced)
Feb 22 – Pool Intro to Water Aerobics	Feb 24 – Nutrition	Feb 26 – Williams Gym DDR
Mar 1 – Pool Water Aerobics Equipment	Mar 3 – Test	Mar 5 – Williams Gym DDR
<b>Mar 8 – NO CLASS</b>	<b>Mar 10 – SPRING</b>	<b>Mar 12 – BREAK</b>
Mar 15 – Pool	Mar 17 – Body Composition	Mar 19 – Pool
Mar 22 – Pool	Mar 24 – Body Composition	Mar 26 - Pool
Mar 29 – Pool	Mar 31 – Flexibility	Apr 2 - Pool
Apr 5 – Pool	Apr 7 – Test	Apr 9 – Pool
Apr 12 – Pool	Apr 14 – Pool	Apr 16 – Pool
Apr 19 – Final Review & Class Evaluation (Room 110)	<b><i>Apr 21 – Written Final</i></b>	Apr 23 – Williams Gym Beep Test
Apr 26 – Pool		

\*Schedule is subject to change