

## **PE 104 WATER AEROBICS COURSE SYLLABUS**

Location: Gym swimming pool

Instructor: Dr. Bing Wei

Phone No.: (770) 784-8371, on campus: 4-8371

Office Room No. Gym 4A

Office Hour: MWF 9:00-10:00 AM, MW 1:00-2:00 PM  
TT 1:00-3:00 PM

### **Course Objectives**

- A. to acquire a beginning knowledge of water aerobics activity and water aerobics fitness
- B. to acquire a general working knowledge of health, wellness, and a good fitness vocabulary

### **Grading Scale**

90%-100%	A	80%-89%	B
70%-79%	C	60%-69%	D
		0%-59%	F

### **Topics to be covered**

- A. Fitness Assessment (pre-test and post test)
  - 1. Heartrate: Resting, target
  - 2. Stretching test
  - 3. Sit-ups test
  - 4. Step Test
- B. Lectures
  - 1. every Wednesday
  - 2. Topics: from the book: "Total Fitness"

The subjects included in these lectures are: benefits of water aerobics and how to use water pressure to reach fitness; fitness assessment; principles of exercise; guidelines on improve cardiorespiratory fitness as well as muscular strength, muscular endurance and flexibility; guidelines on developing personalized water aerobics program; nutrition and weight control; prevention of injuries and rehabilitation; prevention of cardiovascular diseases and cancer; and stress management etc. All three written examinations will count fifty percent of your final grade.

C. Class Work

Water aerobic activities for various parts of the body and for the body's cardiovascular system

**Exam**

- A. First written exam, chapters 1-4 10%
- B. Second written exam, chapters 5-10 20%
- C. Third written exam, chapters 11-16 20%
- D. Water aerobics workout 20%
- E. Fitness improvement: results from the post test 10%  
Improvement=100% No change=75% Decrease=50%
- F. Non-class workouts 10%  
each session must be no less than 30 minutes of large muscle movement at your own choice of pace. Homework is graded weekly; the final homework grade is the average of all weeks:  
100=4/wk 90=3/wk 70=2/wk 60=1/wk
- G. Lab test 10%

Text Book: Total Fitness by Powers and Dodd

**Attention**

Class activities may include vigorous exercise. If there is any medical condition which causes you undue risk or prevents your full participation in such activity, it is your responsibility to inform me immediately upon your knowledge of the condition. If you have a condition which would limit your potential for fulfilling the requirements of this class you should have your physician immediately fax a letter to me stating 1) the nature of the limitations(s) and 2) his/her suggestions for activities which would help you meet the requirements of this course.

**Attendance Policies**

1. A maximum of three (3) absences will be allowed without penalty for the semester.
2. Two (2) points will be deducted from the final grade on each of the absences thereafter.
3. Three (3) late arrivals (10 minutes or more) to class constitute an absence.
4. If unable to participate in the activities, it is strongly encouraged that student observe the class and take notes. However, a maximum of two (2) class observations will be counted as attendance. More than 2 observations will be penalized as absences.

PE 104 CLASS CALENDAR FALL, 1999				
WEEK	DAY	DATE	ACTIVITIES	ASSIGNMENT
1	Wed.	8/25	introduction	
	Fri.	8/27	pre-test	chapter 1 & 2
2	Mon.	8/30	water activity	
	Wed.	9/1	C. 1 & 2	chapter 3 & 4
	Fri.	9/3	water activity	
3	Mon.	9/6	holiday	
	Wed.	9/8	C. 2 & 3	chapter 4 & 5
	Fri.	9/10	water activity	
4	Mon.	9/13	water activity	
	Wed.	9/15	C. 4 & 5	
	Fri.	9/17	review, water activity	review C. 1-4
5.	Mon.	9/20	water activity	
	Wed.	9/22	1st written exam	chapter 6 & 7
	Fri.	9/24	water activity	
6.	Mon.	9/27	water activity	
	Wed.	9/29	C. 5 & 6, go over 1st exam, 1st & 2nd week HW due	
	Fri.	10/1	water activity	chapter 7 & 8
7.	Mon.	10/4	water activity	chapter 9 & 10
	Wed.	10/6	C. 7. & 8	
	Fri.	10/8	Fall Break	
8.	Mon.	10/11	water activity	
	Wed.	10/13	C. 8 & 9,	3rd & 4th week HW due
	Fri.	10/15	water activity	chapter 11 & 12
9.	Mon.	10/18	water activity	
	Wed.	10/20	C. 10 & 11	review C. 5-10
	Fri.	10/22	review, water activity	
10.	Mon.	10/25	water activity	
	Wed.	10/27	2nd written exam,	5th & 6th week HW due
	Fri.	10/29	water activity	
11.	Mon.	11/1	water activity	
	Wed.	11/3	C. 11 & 12, go over 2nd exam	chapter 13 & 14
	Fri.	11/5	water activity	
12.	Mon.	11/8	water activity	
	Wed.	11/10	C. 13,	7th & 8th week HW due
	Fri.	11/12	water activity	chapter 15 & 16
13.	Mon.	11/15	water activity	
	Wed.	11/17	C. 14	review C. 11-15
	Fri.	11/19	lab	
14.	Mon.	11/22	post test	
	Wed. & Fri.	11/24-11/26	Thanksgiving Holiday	
15.	Mon.	11/29	C. 15,	lab test due, assignment due
	Wed.	12/1	C. 16,	last 2 weeks' homework due
	Fri.	12/3	final review	
16.	Mon.	12/6	3rd written exam	