

**Oxford College**  
**PE 135 – Aquasize and Water Sports**  
**MWF 11:45 – 12:35**  
**Spring 2008**

**Instructor: Anthony Gonzales**  
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**Office: Williams 103**  
**Hours: M - F 10:30-11:30**  
**Or By Appointment**

**Course Description:** An entry-level course in aquatics that emphasizes basic performance techniques in water aerobics and water sports (water polo, water basketball, etc). This course will involve swimming in deeper water.

**Course Objectives:** The purpose of this class is to gain knowledge of, understand and participate in various activities in the water. The students will learn rules and regulations of aquatic sports as well as perform and create workouts of water aerobics.

**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 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
- 3 = good participation
- 2 = average participation
- 1 = below average participation
- 0 = no participation or absent

**Homework:** You will have two (2) assignments for this class. Each assignment will be worth 25 points.

- 1) Group Programming – Your group will create, demonstrate and lead an aquasize program. (February 4<sup>th</sup> group work, February 6<sup>th</sup> & 8<sup>th</sup> student lead assignments)
- 2) Water Polo Strategy – You will create either an offensive or defensive strategy for your polo team. Written portion due Wednesday, April 4<sup>th</sup>. Application of your strategies will begin on Friday, April 4<sup>th</sup>.

**Exams:** There will be two (2) exams in this class. The first one will be on Wednesday, February 27<sup>th</sup>, and will cover the first half of the semester. The second test will be on Friday, April 25<sup>th</sup> and will cover everything after the first exam.

**Hydro performance:** Students will be evaluated on there performance in the water using the following actions: Treading, Front Crawl, Breaststroke, Backstroke, Underwater Swimming. Each will be evaluated by a 10 point scale.

**Evaluation:** There will be a total of 360 points for this class. The breakdown is as follows:

Participation = 40 days x 4 points =	160 points
Homework = 2 x 25 points =	50 points
Hydro performance = 5 skills x 10 =	50 points
Tests = 2 x 50 points =	<u>100 points</u>
Total Points =	360 points total

The grading scale for this class is as follows:

324 - 360 =	A
288-323 =	B
252-287 =	C
216-251 =	D
215 and below =	F

**Attire:** Swim suits are **required**. Shorts/cutoffs are not permitted. Students may wear additional clothing over swim suits if they so desire. Street shoes are not permitted on the pool deck. Failure to wear the required attire will result in a zero (0) for the day. Please keep all personal electronic devices out of the pool area during this class.

**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.

**Class Schedule:**

<b>Date:</b>	<b>Activity:</b>	<b>Location:</b>
Jan 16	Introduction to AWS	Williams
Jan 18	Aquasize and Music	Williams
<b>Jan 21</b>	<b>NO CLASS – MLK, Jr Day</b>	
Jan 23	Basic Aquasize and Equipment	Pool
Jan 25, 28	Application and Process	Pool
Jan 30	Deep Water Aquasize	Pool
<b>Feb 1</b>	<b>NO CLASS</b>	
<i>Feb 4, 6, 8</i>	<i>Assignment 1</i>	<i>Pool</i>
Feb 11	Water Sport Training	Williams
Feb 13	Floating & Treading	Pool
Feb 15	Breathing	Pool
Feb 18, 20, 22, 25	Hydro Training	Pool
<i>Feb 27</i>	<i>EXAM 1 – Aquasize &amp; Hydro Training</i>	<i>Williams</i>
Feb 29, Mar 2, 5, 7	Water Basketball	Williams
<b>Mar 10, 12, 14</b>	<b>NO CLASS – Spring Break</b>	
Mar 17, 19	Water Polo & Strategy	Williams
Mar 21, 24, 26	Water Polo Basics & Skills	Pool
Mar 28, 31	Water Polo Skill & Movement Games	Pool
<i>Apr 2</i>	<i>Assignment 2 – Polo Strategy</i>	<i>Williams/Pool</i>
Apr 4, 7, 9	Water Polo	Pool
<b>Apr 11</b>	<b>NO CLASS</b>	
Apr 14, 16, 18, 21	Underwater Football	Williams
Apr 23	Final Review & Evaluation	Williams
<i>Apr 25</i>	<i>Exam 2 – Water Sports</i>	<i>Williams</i>
Apr 28	The Final Game	Pool

\* Schedule is subject to change