

Water Core/Cardio Conditioning
Spring, 2011

Instructor: Dr. Penelope England

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Office Hours: MW 11 - noon; 3:30 - 4. TTH 1 - 3; **and by appointment**

Roll is taken at 2:00 p.m.; Class is dismissed at 3:15 p.m.

Physical activities for this class include vigorous movement. Whenever there is a medical condition that would cause you undue risk or prevent your full participation in this class, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, have your physician FAX a letter stating what you cannot do and her/his recommendations for physical activities you can use to achieve the goals of this course.

Course Objectives:

1. understand basic principles for healthy eating
2. understand basic principles for healthy living (stress management, healthy relationships, healthy choices, behavior modification)
3. learn the mind and body are not separate things, but different ways of being aware of the whole.
4. understand basic principles for personal conditioning for cardiovascular health, muscular strength, muscular endurance, and flexibility

Course Activities:

1. Daily aquatic conditioning exercises to improve general muscle tone, core strength, flexibility, and cardiorespiratory fitness.
2. The student will demonstrate understanding of the course objectives through in-class exercise participation, performance on "pop" quizzes (two per topic), attentive participation in class discussions, journaling
3. completing fitness and behavior change assessments

Text: Fahey et al., Fit and Well: Core Concepts and Labs in Physical Fitness and Wellness

Evaluation:

Personal Practice Paper: 20% Due April 20 Write a an 800 - 1200 word paper describing your healthy living practices. As you read the text chapters, participate in class discussion and laboratories, and write your journal you will choose personal goals for improving fitness and behavior change that you "practice" toward healthy living. Your paper will describe three of your practices toward healthy living fitness/behavior, the principles/strategies on which you based your practice, the "setbacks" you had as you practiced, the strategies you used when things interfered with your behavior change program, and the major benefits of your behavior changes, This grade will be heavily dependent on evidence in your paper that you have read and applied principles learned from class participation and from the textbook.

Details and format for this paper will be posted on Blackboard.

Journaling and Journal Summary: 10% Due Apr. 18,

Keep a record of your personal healthy living practices as well as your reflections as you strive toward healthy living. You will be expected to read and reflect on your journals. **I will never see these journals**; however your journal will be very helpful to you as you write your Personal Practice Paper.

On **Apr. 18** turn in a short paragraph describing what you learned about yourself through your journal writing; and 2) quote a passage of your choice from your journal and write why you chose that particular passage.

Participation in Daily Activities: 20%

See **Note** below. This grade is based primarily on being present in class. ***Being present*** means not only being "in class," but actively attending to your personal goals for healthy living during class. In other words, you could be absent while being "in" class. That would negatively affect your participation grade. Also, your participation grade is lowered **three points each** day that you miss a class.

Personal /CardioCore Workout Paragraph: Apr. 13 20%

A) This paragraph must describe your experience during this class:

- 1) Describe which three exercises best elevate your heart rate to "training" level
- 2) Describe which three exercises best improve your abdominal/back/arm/leg strength
- 3) Describe which three exercises best improve your abdominal oblique and back extensor endurance

- 4) Use your textbook to describe how you know these exercises produce these improvements

Note: You must be PRESENT in class to participate in these workouts; therefore this 20% of your grade represents the quality of your workouts as well as being highly correlated to the number of times you are absent. Missing more than two classes will affect this grade very negatively.

Fitness and Behavior Assessments: 30%

In your text you will find laboratories for assessing your own fitness goals. Many of these self-assessments will be completed during class. You will complete initial assessments no later than **Jan. 26**. You will complete post-training/practice assessments no later than **Apr. 30**. This grade will be dependent on your improvement across the semester as well as the quality of your lab reports.

Pop Quizzes: 20%

You will be assigned chapters in your textbook. Once these chapters have been discussed during class, you will be given short, unannounced “pop” quizzes during class. Read the chapters and attend to the class reviews of the chapter information. You will do well on the “pop” quizzes if you then think about the topics mentioned during class. The 20% pop quiz grade will be the average of your pop quiz grades.

Evaluation Summary:

****affected by absences**

Personal Practice Paper – 20%

Journaling and Journal Summary – 10%

****Participation in Daily Activities** – 20%******

****Personal Core Workout** – 10%******

****Fitness and Behavior Change Assessments** – 20%******

****Pop Quizzes** – 20%******

Grading Scale: 100-93% A

92-90% A-

89-87% B+

86-83% B

82-80% B-

79-77% C+

76-73% C

72-70% C-

69-60% D

<60% F

Grade Appeal Process: If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. 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 5 day deadline.

Class Participation and Contribution:

In order to pass this course you must actively participate and contribute during each class meeting.

Divisional Attendance Policy

A. Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.

B. You are expected to attend all classes at the scheduled time; therefore tardiness and absences affect your final grade. A maximum of three (MWF)/two (TTH) absences are allowed without penalty. There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. **If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.

C. After the allowed absences (3/2), each following absence will result in a 5% reduction of your final grade, e.g.,

MWF: 4 absences = 5% reduction; 5 absences = 10% reduction; 6 absences = 15% reduction; 7 absences = 20% reduction; 8 absences = 25% reduction; 9 absences = automatic final grade of F.

TTH: 3 absences = 5% reduction; 4 absences = 10% reduction; 5 absences = 15% reduction; 6 absences = 20% reduction; 7 absences = 25% reduction; 8 absences = automatic final grade of F.

D. You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.

E. At the end of the semester, MAKE UP work may be provided at the instructor's discretion. For make up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance must be provided 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

Come to class! Even if you do not feel well enough to participate you will be given a form so you can watch your classmates and make notes of advice you would give them regarding their workouts.

There will be NO MAKE UPS for written work or skills tests unless you have medical documentation or you make prior arrangements with me regarding an exceptional circumstance.

It is expected that you arrive for class on time. Every third time you are late (not in class at roll call) you will be penalized an absence. If you are late, you must see me **at the end of that class** to remind me to change your absence to a late. If you do not, **you may be counted absent even when you were in class.**

Dress Code: Swim suit – you may wear very light-weight clothing over your swim suit if you wish

Additional Important Information:

Reasonable accommodation for students with disabilities: If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, 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).

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 me 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).

Banned Materials: PDAs, cell phones, or any other items that could distract the student, other students, or the instructor must be **turned off** during class. *If you have a need to have a cell phone on, please let me know. Otherwise, if I become aware of the phone, you will be asked to leave class and will receive an absence.*

Learnlink: I will read and answer e-mail only between 10 a.m. and 4 p.m. each class day. If you need to communicate with me at other times, leave a voice message on my office phone.

HONOR CODE: I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a written test or skills test

for this class you are under the dictates of the Honor Code. If you have questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea.

Please see <http://www.college.emory.edu/students/honor.html>

"You have to decide what your highest priorities are
And have the courage—pleasantly, smilingly,
Nonapologetically—to say "no" to other things.
And the way you do that is having a bigger
"yes" burning inside"