



OXFORD COLLEGE
Division of Physical Education
and Dance
Dr. England Spring, 1993

PE 104 Water Aerobics

DESCRIPTION

The purpose of this course is to provide experience and information relative to the relationship between physical activity and health, including: nutrition, body composition, chronic disease, and stress reduction.

TEXT Thygerson, Fitness and Health

GENERAL INFORMATION

- A. Check announcement board in the gym lobby when in doubt about where class will meet.
- B. Wear appropriate, functional, and safe activity clothing. Only bathing suits are permitted in the pool; no "cut-offs."
- C. Bring a notebook, pen and textbook to every class meeting.
- D. My office hours are posted on my office door - Gym, Room 3. They are MWF 9-10 a.m., MW 1:00-2:00 p.m.; TTH 1:00-2:00 p.m. Please make an appointment if these hours are not convenient. My office telephone number is 784-8350.
- E. You should report any condition which restricts your full, vigorous participation in class to me at the first class meeting or as soon as you become aware of the restriction. If you must restrict your activity in any way, you must provide your physician's written recommendation prior to your participating in physical activities. The letter must include information detailing what activities are recommended for you as well as what you should not do. The syllabus and class requirements will be adjusted for you based on your physician's recommendations. No such adjustments can be made without this letter from your physician.
- F. All physical activity involves risk. If you have not provided a physician's recommendation in writing, your good health (unlimited activity) is assumed. Aerobic exercise involves risk of strained muscles, hyperthermia, hypothermia, fainting, cardiovascular events, as well as other risks. Therefore, you should exercise with appropriate caution. Safety precautions and practices will be discussed in class. If these instructions are ignored you will be denied class attendance.
- G. If you do not feel well enough to participate in a class go to my office before class begins and select a journal or book from those on the first shelf of my bookcase. Bring it to the pool and summarize it coherently and legibly during class (be sure to bring paper and pen or pencil with you). Be sure to write the name of the journal, its publication date, the title of the article, the author, and your name and the date before you begin your summary. Your turning this in by the time class is dismissed will substitute for your class activity for that day. Give your summary to me before you leave the pool area and then return the journal to its place in my office on your way out. You may do this no more than three times during the semester.
- H. The OXFORD COLLEGE HONOR CODE applies and is respected in this class.

GRADING

1. 30% Seven (7) written tests relative to the text, lectures, labs, and supplementary material will be given unannounced during the semester. These can include short answer, multiple choice, and matching questions. The material for these short tests is cumulative. The lowest two test grades will be dropped. The average of the other five test scores will constitute this 30% of your grade.
2. 20% Homework:
 - A. Your Homework Record Form must be placed under my office door (gym # 3) before the gym closes on the due date. Homework will not be accepted late. Homework sessions must be at least thirty minutes in duration. Any activity that is continuous and uses your large muscle groups is acceptable as homework. Homework may not be done for extra credit. No more than one (1) session of homework may be done in one day. No more than five (5) homework sessions may be done in one week.
 - B. Nine thirty minute homework sessions are due on each of the following dates: 2/3, 2/24, 3/17, and 4/7. Your 20 % homework grade will be the average of the four grading periods. Your grade for each period:

9 thirty minute sessions	= 100
8 thirty minute sessions	= 90
7 thirty minute sessions	= 80
6 thirty minute sessions	= 75
5 thirty minute sessions	= 70
4 thirty minute sessions	= 65
3 thirty minute sessions	= 60
2 thirty minute sessions	= 55
1 thirty minute session	= 50
0 sessions	= 0
3. 30 % Class participation
This portion of your grade is based on your contribution to each class meeting. You can not contribute in any way if you are absent. Your contribution depends on your preparation for each class, your full attention and participation in class activities, and your completion of class assignments.
4. 10 % EKG and Blood Pressure Lab Quizzes You will learn to measure blood pressure and you will look at your own EKG tracing as well as others' tracings. After you have completed each lab experience you will be given a quiz based on your findings. Each lab quiz counts 5 % of your grade.
5. 10 % Step Test
You will be given a step test of cardiovascular fitness at the beginning of the semester and again at the end of the semester. This portion of your grade will be determined by the change in your heart rate between the two tests.
6. Grade Scale
Extra Credit: Up to three points may be added to your final grade for participation in classroom discussions. You may also earn one extra point for attending an all campus lecture which I will announce in class.

A=>89.4
B=79.5-89.4
C=69.5-79.4
D=59.5-69.4
F=<59.5