

Water Core/Cardio Mind/Body De-Stressing
Spring, 2012

Instructor: Dr. Penelope England

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Office Hours : MW 11:30 - noon; 3:30 - 4. TTH 2:30 - 3:30; **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.

Student work submitted as part of this course may be reviewed by Oxford College and Emory College faculty and staff for the purposes of improving instruction and enhancing Emory education.

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. understand that 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. 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 attentive participation in class discussions, and fulfillment of fitness and behavior change assessments

Text: Hoeger & Hoeger Fitness and Wellness

Evaluation:

(30%) Pop Quizzes

These quizzes can be given on any class day. However, the quizzes will be given in this order: AquaJogger Workout Guide, Water Running Handbook, text Chapters – 3, 7, 5, 9. Quizzes will not be given until the chapter topics have been addressed in class.

(30%) Personal /CardioCore Workout (Water Core Due Wednesday, February 15; Land Core Due March 21)

Every human body/mind/spirit is unique. Therefore, you are each responsible for determining how best to

- 1) elevate your heart rate to "training" level during the "training phase" of class workouts
- 2) move in such a way that your abdominal/back/arm/leg strength are promoted
- 3) exercise your abdominal obliques and back extensors
- 4) incorporate stress-relieving, relaxing movement into the warm-up and cool-down sections of your workout.

Land Core Workout

- 1) Begins with two Sun Salutations – not included in total time
- 2) can be done in a space no larger than the approximate width and length of your body
- 3) elevate heart rate to "training" level
- 4) must induce abdominal/back/arm/leg strength
- 5) must involve abdominal obliques and back extensors
- 6) must include no less than fifteen different exercises
- 7) must be no less than thirty minutes in duration
- 8) ends with two Sun Salutations and deep relaxation pose – not included in total time

Once your workout is approved by the instructor, you will turn in pictures and/or adequate description of your workout on **March 21**.

Your textbook, pamphlets, and I will provide basic instruction so you can safely determine which movements are most appropriate for you. Also, these websites may be helpful:

acefitness.org/exerciselibrary

mayoclinic.com/health/core-strength

cdc.gov/physicalactivity

Note: You must be **PRESENT** in class to participate in these workouts; therefore this 30% of your grade represents the quality of your attention to what serves you best in terms of exercise goals. This grade is highly correlated to the number of times you are absent. Missing more than two classes will affect this grade very negatively.

(20%) Fitness/Behavior Change Assessments

(20%) Participation in Daily Activities

See **Class Participation** 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. 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.

Evaluation Summary:

**affected by absences

Pop Quizzes – 30%

Participation in Daily Activities – 20%**

Personal Core Workout – 30%**

Fitness/Behavior Change Assessments – 20%

Grading Scale:	90 - 100%	A
	80 - 89%	B
	70 - 79%	C
	60 - 69%	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.

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

Divisional Attendance Policy

MWF (3) TTH (2) attendance policy

Class 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, upon consent of the instructor. 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"**

"Be careful when you are in a hurry."

Jamaican Proverb