

INSTRUCTOR'S SYLLABUS

Mike Harrison

Office: Natatorium

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TEXTBOOK: None required

MATERIALS NEEDED FOR CLASS:

1. Snug fitting swim suit
2. Towel
3. Personal shower items
4. Paper and writing materials when needed

GRADING POLICY:

A. Attendance & Participation – 80%

Each absence after the first absence = 4 points: Each tardy = 1-4 points:
50 minutes late = 4 points. Coronavirus class rules, misuse or abuse, 1-4 points.
Student may be dropped from class if continually losing these points.

1. Only excused absences may be made up. Excused absences are school related activities (basketball, rodeo, student government, etc.), illness, death in the family, etc. Studying for test, visits to the counselor's office, making up other classes during a scheduled swim class, are not excused absences.
2. The excused absence must be explained to the instructor by the following class. Leaving a message on the above phone # does not suffice.
3. It is the students responsibility to tell the instructor about the excused absence. If the student fails to tell the instructor about the excused absence by the following class, it will be marked as an unexcused absence and the student will not be able to make the class up.
4. The student may have a total of "6" absences. Classes should be made up as soon as possible. A student may be dropped for missing four consecutive classes (2 weeks) without contacting the instructor. A student will be dropped if they have 4 unexcused absences in the first 30 days of school.
5. Points are deducted for being tardy. A tardy may not be made up. Tell the instructor of any reason for an excused tardy. If a student's tardies are equivalent to more than one absence, then the student will be required to take the final.
6. 2 excused absences may be made up. If someone misses due to covid, they can make up all additional absences missed for covid, after the first two. Instructor must receive confirmation from DeEtte Edens, SPC nurse.
Procedure for making up an excused absence. Last day to make up:
 - a. To receive full credit, a student must make up the class by participating in any other scheduled swim or water aerobics class.

- b. A student may wish to open a “Map my Walk” app and walk 3 miles.
Photo the map, distanced and time walked, and email to the above address.
7. Participation is a must. Student must participate in all areas of the class. A deduction in the daily grade will result if a student fails to actively participate.
- Last Day for any “make up” classes is _____**

B. TEST’S – 20% Two test will be given. Each counts 10% towards final grade

1. Test “1” will consist of 1st Day hand outs and Heart Rate material.
2. Test “2” will be the “Final Exam” and consist of material learned throughout the semester in water workouts and class room material over fitness testing. Any student who has no more than 1 absence and scored a 70 or better on their first test will not have to take the final.

C. CLASS RULES: Failing to do the following will result in losing daily points

1. Everyone must provide their own **swim suit** and towel. The natatorium will provide one small towel when needed.
2. No one allowed in the water until instructor or lifeguard is present.
3. No horse play or rough housing during class.
4. Class will start on time. Students will be released in time to meet their next class.
5. Regular attendance and participation is a must.
6. **Everyone must** abide by all corona virus rules set.
7. **Everyone must** shower before entering the pool.

LAST DAY TO DROP CLASS: _____ FINAL EXAM: _____

COVID 19 Statement:

If you are experiencing any of the following symptoms, please do not attend class and either seek medical attention or test for COVID-19.

Cough, shortness of breath, difficulty breathing: Fever or chills: Muscles or body Aches: Vomiting or diarrhea: New loss of taste and smell

Please also notify DeEtte Edens, BSN, RN, Associate Director of Health & Wellness, at dedens@southplainscollege.edu or 806-716-2376. Proof of a positive test is required. A home test is sufficient but students must submit a photo of the positive result. The date of test must be written on the test result and an ID included in the photo.

If tested elsewhere (clinic, pharmacy, etc.), please submit a copy of the doctor’s note or email notification. Results may be emailed to DeEtte Edens, BSN, RN at dedens@southplainscollege.edu.

A student is clear to return to class without further assessment from DeEtte Edens, BSN, RN if they have completed the 5-day isolation period, symptoms have improved, and they are without fever for 24 hours without the use of fever-reducing medication.

Students must communicate with DeEtte Edens, BSN, RN prior to their return date if still symptomatic at the end of the 5-day isolation.

WATER AEROBICS

KINE 1100

EXPECTED LEARNING OUTCOMES

EVALUATION

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| 1. Student will gain knowledge of the heart beat at rest and during exercise. The student should find that their resting heart rate decreases throughout the semester. | Test #1 |
| 2. Student will develop an understanding of water buoyancy and its advantage for exercise | Daily participation and Test #1 |
| 3. Student will practice proper techniques of each exercise performed in the water. | Daily participation
Teacher observation |
| 4. Student will gain knowledge of the major muscle groups used to perform each exercise | Final Exam &
Class Participation |
| 5. Student will recognize the importance of proper eating and exercise to reduce their % body fat. | Final Exam |
| 6. Students will examine different fitness testing protocols. | Final Exam & class-room participation |
| 7. Student will recognize the importance of water aerobics as a lifetime quality activity. | Daily Participation &
Final Exam |