

SOUTH PLAINS COLLEGE

WATER AEROBICS (KINE-1100)

Instructor: Ethan Maples

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COURSE MATERIALS

Textbook:

None required

Materials Needed for Class:

1. Snug-fitting swimsuit
 2. Towel
 3. Personal shower items
 4. Water bottle
 5. Paper and writing materials when needed
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COURSE DESCRIPTION

This course introduces students to water-based exercise through shallow water aerobics. Students will learn proper aquatic exercise techniques, cardiovascular conditioning principles, heart rate monitoring, fitness concepts, and the benefits of water exercise as a lifelong activity.

GRADING POLICY

A. Attendance & Participation – 50%

Attendance and active participation are required for successful completion of this course.

- Each absence after the first absence will result in a **4-point deduction**.
- Each tardy will result in a **1–4 point deduction**.
- A student who is 50 minutes late will receive a 4-point deduction.
- Misuse or abuse of class rules may result in a 1–4 point deduction.
- Students may be dropped from the course due to excessive absences or loss of participation points.

Excused Absences

Only approved excused absences may be made up. Excused absences include:

- School-related activities (athletics, rodeo, student government, etc.)
- Illness
- Death in the family
- Other circumstances approved by the instructor

The following are **not considered excused absences**:

- Studying for exams
- Making up another class during scheduled class time

Students are responsible for notifying the instructor about an excused absence by the following class meeting. Leaving a voicemail or message does not replace direct communication with the instructor.

Failure to notify the instructor by the next class period will result in the absence being recorded as unexcused, and the student will not be allowed to make up the missed class.

Attendance Requirements

1. Students may have a maximum of **six (6) absences**.
2. Students should complete make-up work as soon as possible.
3. A student may be dropped after missing four consecutive classes without contacting the instructor.
4. A student will be dropped after four unexcused absences during the first 30 days of the semester.
5. Tardies cannot be made up.
6. If tardies equal more than one absence, the student may be required to take the final exam.

Make-Up Policy

- Two excused absences may be made up.

To receive full credit for a make-up:

Option 1:

Participate in another scheduled swim or water aerobics class offered in the morning.

Option 2:

Complete a 3-mile walk using a tracking application (such as Map My Run). Submit a screenshot showing distance and time completed to the instructor.

Participation Expectations

Participation is required in all areas of the class. Failure to actively participate may result in a deduction from the daily participation grade.

B. Tests – 30%

Two tests will be given during the semester.

Test 1 – 10%

- Covers first-day handouts
- Heart rate information and exercise concepts

Test 2 – Final Exam – 20%

- Covers material learned throughout the semester
- Includes water workout concepts and fitness testing information

Final Exam Exemption:

Students with no more than two absences and a score of 70 or higher on Test 1 may be exempt from taking the final exam.

C. Water Aerobics Class – 20%

- Students will lead their own water aerobics course and provide rationale for why their course was designed the way it was.

CLASS RULES

Failure to follow class expectations may result in loss of daily participation points.

1. Students must provide their own swimsuit and towel. The natatorium may provide a small towel when needed.
 2. Students may not enter the pool until the instructor or lifeguard is present.
 3. Horseplay or unsafe behavior is not allowed.
 4. Class will begin on time. Students will be dismissed in time to attend their next scheduled class.
 5. Regular attendance and participation are required.
 6. Students must shower before entering the pool.
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IMPORTANT DATES

Final Exam Date & Time: TBD - will be posted in remind and announced in class.

DIVERSITY STATEMENT

In this class, the instructor will establish and support an environment that values and nurtures individual and group differences while encouraging engagement and interaction. Understanding and respecting multiple experiences and perspectives will challenge and stimulate learning about others, the larger world, and ourselves.

By promoting diversity and intellectual exchange, we strive to model a learning environment that reflects the best qualities of society.

DISABILITIES STATEMENT

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations should notify the Special Services Office early in the semester so appropriate arrangements can be made.

In accordance with federal law, students requesting accommodations must provide documentation of their disability to the Special Services Coordinator.

For more information, contact the Special Services Office:

Phone: 806-716-4675

CONCEALED HANDGUN POLICY

Pursuant to Section 30.06 of the Texas Penal Code (trespass by license holder with a concealed handgun), a person licensed under Subchapter H, Chapter 411, Government Code (handgun licensing law), may not enter this property with a concealed handgun.

EXPECTED LEARNING OUTCOMES & EVALUATION

Learning Outcome	Evaluation Method
Students will understand heart rate at rest and during exercise and recognize improvements throughout the semester.	Test #1
Students will understand water buoyancy and its benefits for exercise.	Daily Participation & Test #1
Students will demonstrate proper water exercise techniques.	Daily Participation & Instructor Observation
Students will identify major muscle groups used during aquatic exercise.	Final Exam & Class Participation
Students will recognize the importance of proper nutrition and exercise in reducing body fat percentage.	Final Exam
Students will examine different fitness testing protocols.	Final Exam & Classroom Participation
Students will recognize water aerobics as a lifelong quality activity.	Daily Participation & Final Exam

WATER AEROBICS (KINE-1100)

16-Week Course Schedule

Week 1 – Introduction to Water Aerobics

Topics:

- Course expectations and syllabus review
- Pool safety rules
- Proper pool entry/exit procedures
- Importance of showering before entering the pool
- Introduction to aquatic exercise equipment
- Baseline heart rate assessment

Activities:

- Basic water movement skills
 - Walking/jogging in water
 - Introduction to class format
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Week 2 – Fundamentals of Aquatic Exercise

Topics:

- Benefits of exercising in water
- Buoyancy and resistance principles
- Proper posture and movement technique

Activities:

- Basic aerobic combinations

- Lower body movements
 - Core stability exercises
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Week 3 – Cardiovascular Training in Water

Topics:

- Heart rate response during exercise
- Target heart rate zones
- Perceived exertion (RPE)

Activities:

- Interval-based aquatic workouts
 - Moderate-to-vigorous intensity training
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Week 4 – Muscular Endurance & Water Resistance

Topics:

- How water resistance improves muscular endurance
- Major muscle groups used during aquatic exercise

Activities:

- Upper body resistance movements
 - Lower body strengthening
 - Core exercises
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Week 5 – Flexibility, Mobility & Recovery

Topics:

- Importance of flexibility
- Joint-friendly exercise benefits
- Recovery principles

Activities:

- Water stretching routines

- Mobility-focused workouts
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Week 6 – Fitness Testing & Exercise Assessment

Topics:

- Purpose of fitness testing
- Measuring improvement
- Body composition concepts

Activities:

- Heart rate assessment
 - Fitness participation evaluation
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Week 7 – Cardiovascular Conditioning Progression

Topics:

- Increasing workout intensity safely
- Interval training concepts

Activities:

- Longer aerobic intervals
 - Increased movement complexity
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Week 8 – Midterm Review & Test #1

Topics:

- **Review:**
 - Heart rate concepts
 - Water exercise benefits
 - Safety procedures

Assessment:

- **Test #1**

Activities:

- Moderate intensity aquatic workout
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Week 9 – Aquatic Exercise Equipment

Topics:

- **Use of:**
 - Water dumbbells
 - Noodles
 - Resistance equipment

Activities:

- Equipment-based aquatic circuits
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Week 10 – Full Body Water Aerobics Training

Topics:

- Combining cardiovascular and resistance training

Activities:

- Full-body aquatic workout
 - Circuit training
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Week 11 – Exercise & Nutrition Concepts

Topics:

- Relationship between exercise and nutrition
- Energy balance
- Healthy lifestyle habits

Activities:

- Fitness-focused aquatic workouts
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Week 12 – Designing a Water Aerobics Program

Topics:

- Components of an effective workout:
 - Warm-up
 - Cardiovascular section
 - Strength/endurance
 - Cool-down

Activities:

- Students help design workout sections
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Week 13 – Lifelong Fitness & Aquatic Exercise

Topics:

- Benefits of maintaining activity throughout life
- Aquatic exercise for different populations

Activities:

- Student-focused workout variations
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Week 14 – Advanced Water Aerobics Techniques

Topics:

- Increasing intensity
- Advanced movement combinations

Activities:

- Higher-level aquatic workout sessions
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Week 15 – Final Review & Fitness Application

Topics:

- Review course concepts:
 - Heart rate
 - Fitness testing
 - Exercise principles
 - Benefits of water exercise

Activities:

- Final participation assessment
 - Practice final exam material
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Week 16 – Final Exam & Course Completion

Topics:

- Final Exam

Activities:

- Final aquatic workout
- Course reflection
- Review of lifelong fitness benefits