



SWELL 179 • WATER AEROBICS

Please refer to the welcome page for general information:

<https://studentwellness.byu.edu>

COURSE CONTENT: Exercise workout in water emphasizing flexibility, strength, and endurance.

LEARNING OUTCOMES

1. Students will be able to perform a variety of exercises in the water, including cardiovascular, muscle strengthening, and toning exercises.
2. Students will be able to explain the techniques and principles of water aerobics.
3. Students will value and be able to apply general principles of fitness and well being that will encourage lifelong wellness and assist in the active pursuit of their best selves.

CLASS ATTIRE: Student Wellness supports the BYU Honor Code, including the Dress & Grooming Standards. Appropriate workout attire for all SWELL classes includes tops that cover the shoulders, stomach, and back; mid-thigh shorts or longer (no exceptions); and no cut-off shirts, jeans, boots, or open-toed shoes. Exercise leggings are permitted. Inappropriate logos or sayings will not be tolerated. ***Students not dressed appropriately will not be allowed to participate and will be marked absent.*** Water activity attire is as follows:

- Swim attire must cover appropriate body parts and be worn correctly. Women's suits must cover the midriff.
- All swim attire must be specifically made for swimming pool usage. Prohibited attire includes, but is not limited to: Athletic wear not made for swimming, compression shorts, leggings, basketball shorts, jeans, cotton clothing, & undergarments.
- Lifeguards may ask those not in compliance with this policy to change or cover-up prior to utilizing RB Pool Facility.

HONOR CODE: In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and every instructor's expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

INHERENT RISK: In consideration of my being enrolled in Water Aerobics at BYU, **I ACKNOWLEDGE AND AGREE TO ASSUME THE INHERENT RISKS OF THE ACTIVITIES ASSOCIATED WITH THIS CLASS.** I acknowledge the risks involved in this class may include, but are not limited to: Injuries resulting from climbing on uneven and/or artificial surfaces; slipping on wet surfaces; drowning; abrasions, dislocations, cuts, bruises, blisters, broken bones, strains, sprains, falls, concussions, torn muscles, internal injuries, spinal injuries; injuries caused by other participants, blows to the body, face or head, exhaustion, dehydration, physical or emotional

distress; injuries from contact with equipment; injuries occurring from colliding with other participants or objects; bad decision-making; inattention of or actions of other participants; misuse or failure of equipment; damage to clothing and other personal items and other risks, hazards, or accidents, whether foreseen or unforeseeable.

QUESTIONS OR CONCERNS: If you have questions or concerns, please visit with your instructor or contact Student Wellness in 112 Richards Building or call 801-422-3644.