STAC 179—Water Aerobics

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

Learning Outcomes
At the conclusion of the semester, students will:

1. Demonstrate an understanding of a variety of exercises in the water, including cardiovascular, muscle strengthening, and toning by demonstrating an exercise routine to the class.
2. Demonstrate an appropriate level of aerobics fitness.

Course Content

1. Proficiency in water aerobic activities
2. Planning and implementing a comprehensive water aerobics workout
3. Benefits of aerobic exercise—specifically water aerobics
4. Monitoring exercise intensity through heart rate
5. Modifying workout intensity
6. Implementing workout variation
7. Water aerobics role in fitness, strength, and flexibility

Pool Rules

Bare feet on pool deck (even if you are not dressing out).
Do not get into pool until instructor is present.
Do not use any equipment until instructor is present (this includes the dry board).
Do not run on pool deck.
Showering is required before entering the pool

GRADING

• This course is graded PASS/FAIL
• Students must meet the following criteria to pass this course.
  1. Pass the attendance part of the course with 80 %—no more than 5 hours absent
  2. Pass the written part of the class with 75% on the written test.
  3. Students will show improvement in time on the 500-yard water running test for fitness.

Students who do not meet these criteria will receive a Fail (E) grade which will impact their GPA.
ATTENDANCE/PARTICIPATION

- Because participation is the primary component of an activity class, attendance is requisite to pass the class.
- Students must attend and participate in 80% of all class sessions to pass the course (Department policy). There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for illness, injury, or University business.
  
  - For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  - For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  - For once a week block classes, this equals no more than 1 class period missed.
- Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
- Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.
- A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdrawal deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.
- If a student has any questions about this policy, contact Student Wellness, 112 RB, activity@byu.edu.

WRITTEN EXAM

A written examination must be taken in the Testing Center. IMPORTANT: The test dates are posted at http://studentwellness.byu.edu/physical/activitycourses/. The test must be taken by one day prior to the last day of classes and will not be available during the last day of classes, Reading Days or Finals.

Please note the following:
1. The exam will cover materials taught and/or referred to in class.
2. If you do not score 75% or above, test may be retaken multiple times. Retakes are available for a $5.00 fee.
3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
4. A $5.00 late fee will be charged beginning 2pm on the last day of the exam.

Dress and Attire

You are required to follow the standard dress policy for the RB pool. That policy is as follows:

Men: Board shorts, swim trunks, drag shorts, or jammers are acceptable. Speedos and athletic shorts not made for swimming are not acceptable.

Women: Modest one-piece swimsuits are required. Two-piece swimsuits of any kind are not acceptable. Students who are not dressed in appropriate athletic attire will not be allowed to participate and are counted absent.

Injury

Any injury occurring during scheduled class time should be immediately reported to your instructor.

In case the pool is closed

We will meet every class period even if the pool is closed. Signs will be posted outside both locker rooms to inform you where we will meet should the facility be unavailable.