

PE 132 AQUA AEROBICS

Date/Time – M/W 5:00-6:25pm

Instructor – Bianca Urquidi

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Last day to add: Sept. 1

Holidays: Sept. 7th, Nov. 9, 26, 27th

Final: December 9th at 5:00pm

Final Drop date: Nov. 12th

Course Objective:

We will work on various aspects of fitness using resistance and buoyancy of the water:

- Flexibility
- Strength
- Coordination
- Aerobic Capacity

Class Materials:

- Swimsuit
- Hat, visor, or sunglasses (optional)
- Towel
- Water
- Sunscreen (optional)
- Aqua shoes (Strongly advised)

Grading Procedure:

Based upon attendance and participation in activity

Grading Scale:

<2 absences= A
3 absences=B
4 absences= C
5 absences=D
6 or more absences= F

***Arriving late or leaving class early will result in half –credit for that class day; 2 half-credits=1 missed class!!!! If you are more than 5 minutes late to class you will not receive attendance points for that day. If you are more than 15 minutes late you will not receive any credit for the day. After 4 absences you will be dropped. However, it is the responsibility of the student to drop themselves.

NO CELL PHONES DURING CLASS!!!! TURN THEM OFF AND PUT THEM IN YOUR BAG. IF YOUR CELL PHONE GOES OFF DURING CLASS YOU WILL LOSE YOUR ATTENDANCE AND PARTICIPATION POINTS FOR THE DAY.

Student Learning Outcomes:

Throughout the semester, your performance on student learning outcomes will be evaluated. In particular the outcomes which will be assessed this semester will include:

- Students will participate in exercises that are conducted in water and demonstrate and demonstrate an understanding of activities leading to cardiovascular fitness.

Students with Disabilities Statement:

Any student with a disability who believes that he/she may need accommodations in their class is encouraged to contact the Disabled Students Program and Services office as soon as possible to ensure that such accommodations are implemented in a timely manner. The office is located in room S205 and the telephone number is (562) 908-3420.