

**PHYSICAL EDUCATION
1153
WATER EXERCISE OR HYDROROBICS
FALL - 09**

INSTRUCTOR: KAY WHITLEY
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OFFICE: GC 105

PHONE: 8229

TIME: Noon- 12:45 PM MW

MEETING PLACE: POOL

OFFICE HOURS: MWF – 8:30-11:30; TT – 9:30-11:30; 2:00-3:00

COURSE OBJECTIVE:

THIS COURSE IS DESIGNED TO ALLOW STUDENTS TO IMPROVE THEIR PHYSICAL CONDITION BY BEING INVOLVED IN WATER EXERCISES. THE ACTIVITIES INCLUDE WARM-UP, WATER EXERCISES, AEROBIC CONDITIONING AND COOL-DOWN. STUDENTS WILL ALSO GAIN AN UNDERSTANDING OF THE VARIOUS EXERCISES WORK DIFFERENT MUSCLE GROUPS.

GRADE REQUIREMENTS:

THE FINAL GRADE IS DETERMINED BY ATTENDANCE, PARTICIPATION, AND A BASIC KNOWLEDGE OF EXERCISES THAT ARE APPROPRIATE FOR WATER CONDITIONING.

ATTENDANCE GRADE: BASED ON NUMBER OF ABSENCES. AFTER TWO ABSENCES , 5 POINTS WILL BE TAKEN OFF FOR THE NEXT 2 ABSENCES, THEN 10 POINTS OFF FOR EACH ABSENCE THEREAFTER. YOU MAY MAKE UP 2 ABSENCES BY WRITING TWO ONE-PAGE SUMMARIES OF ARTICLES DEALING WITH CARDIOVASCULAR FITNESS FOR EACH ABSENCE. THESE ARTICLES HAVE TO BE TYPED, DOCUMENTED, AND TURNED IN WITHIN A WEEK AFTER THE ABSENCE. A STUDENT WILL BE DROPPED FROM THE COURSE FOR EXCESSIVE ABSENCES (6).

PARTICIPATION GRADE: TWO (2) DAYS OF NONPARTICIPATION EQUALS ONE (1) ABSENCE. HOWEVER, IF AN INDIVIDUAL IS UNABLE TO GET INTO THE WATER, ONE MAY DO EXERCISES AROUND THE EDGE OF THE POOL. THIS MAY BE DONE ONLY FOUR TIMES DURING THE SEMESTER AND NOT INFLUENCE THE FINAL GRADE. AFTER FOUR (4) TIMES FIVE (5) POINTS WILL BE TAKEN OFF THE FINAL GRADE FOR EACH TIME.

GRADE FOR KNOWLEDGE OF EXERCISES: EACH STUDENT WILL TURN IN AN EXERCISE SESSION (45 MINUTES) THAT INCLUDES THE EXERCISES THAT COULD BE DONE IN CLASS. THE MUSCLE GROUPS THAT ARE WORKED MUST BE NOTED AND THE EXERCISES MUST BE LISTED AS WARM-UP, CARDIOVASCULAR, STRETCHES, COOL-DOWN, OR EXERCISES THAT ARE WORKING PARTICULAR MUSCLE GROUPS. THIS MUST BE TYPED.

THE ORGANIZATION AND NUMBER OF THESE EXERCISES MAY BE AS FOLLOWS:

WARM-UP EXERCISES

3 SETS OF 5 EXERCISES THAT BE PERFORMED AWAY FROM POOL'S EDGE

1 SET OF 5 EXERCISES PERFORMED AT POOL'S EDGE

1 SET OF 5 STRETCHES FOR COOL-DOWN

PUT THE AMOUNT OF TIME YOU WANT TO PERFORM VARIOUS EXERCISES

FINAL GRADE:

ATTENDANCE AND PARTICIPATION MAKE UP 90% OF THE FINAL GRADE, THE OTHER 10% IS BASED ON THE EXERCISE SESSION THAT WILL BE TURNED IN. ATTENDANCE AND PARTICIPATION ARE AVERAGED TOGETHER, THEN THE EXERCISE SESSION IS ADDED TO THE GRADE.

ATTIRE:

PROPER SWIMWEAR IS REQUIRED; NO CUT-OFF T-SHIRTS, JEANS, OR SHORTS ARE ALLOWED IN THE POOL.

EVALUATION:

STUDENTS WILL EVALUATE THE COURSE AND THE INSTRUCTOR ON THE PROPER FORM SOMETIME DURING THE SEMESTER.

WHY WATER EXERCISE IS A MAJOR EXERCISE ALTERNATIVE:

-THE BUOYANT SUPPORT OF THE WATER EFFECTIVELY CANCELS ABOUT 90% OF THE WEIGHT OF A PERSON SUBMERGED TO THE NECK. THIS DECREASES COMPRESSION STRESS ON WEIGHT-BEARING JOINTS, BONES, AND MUSCLES.

-BUOYANCY MAKES THE PROGRAM IDEAL FOR MAY PEOPLE WHO HAVE PAINFUL JOINTS OR WEAK MUSCLES.

-BLOOD CIRCULATION INCREASES TO SOME EXTENT WITH THE BODY SUBMERGED IN WATER. WATER PRESSURE ALSO HELPS TO PROMOTE DEEPER BREATHING.

-FLEXIBILITY WORK IN INCREASED AND PERFORMED MORE EASILY IN WATER BECAUSE OF LOWER GRAVITATIONAL PULL.

-THE RESISTANCE OF WATER MAKES ANY LAND EXERCISE MORE CHALLENGING BECAUSE OF THE ADDED WATER RESISTANCE.

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