Aquatic Fitness
PHED-1164-63213
Semester: Spring 2017
March 25, 2017- May 11, 2017

Professor: Keith McKinnon M.S.
Email: kmckinnon@dcccd.edu
Office Phone Number: 214-860-8760
Office Number: W-235
Office Hours: M-W-F 1:00 p.m. - 2:00 p.m. and T-R 11:00 a.m. -12:30 p.m.
Meeting Days & Time: Saturday 10:00 a.m. – 4:00 p.m.
Room Number: Outdoor Pool
Credit Hours: 1 Semester Hour

Division: STEM—Science-Math-Engineering-Physical Education
Office Hours: 8:00-5:00 p.m.
Office Phone: 214-860-8649—Eva Perez, H-129
Office Location: W-156-Division Office

COURSE DESCRIPTION
Students are introduced to wellness-related concepts and activities for the purpose of gaining knowledge and skills necessary to evaluate personal fitness level and to develop a personal lifelong fitness program utilizing water aerobic exercises. Activities include, but are not limited to: aerobic activities, muscular strength and endurance development, flexibility, weight training and body composition.

Course Pre-requisites: None

Course Materials/Supplies Needed: Text: A handout text will be provided by the instructor. Other handouts will be provided by the instructor throughout the semester.
Attire: Appropriate clothing suitable for swimming (shorts are allowed) physical activity is required for this class.

STUDENT LEARNING OUTCOMES (SLO’S)
The student will be able to:

1. Describe the benefits of water exercise for fitness.
2. Apply training principles of aerobic skill development and overall fitness.
3. Show overall improvement in skills and fitness through pre and post assessments.

DETERMINING YOUR GRADE
Attendance and Participation  70%
Skills Tests  30%
Grading Scale:  90-100 = A  80-89 = B  70-79 = C  60-69=D  59-0 = F
**Instructor Attendance Policy**

Students must begin attendance in all classes of enrollment. No exceptions. Financial Aid will not be granted to students who have been certified as not attending by the certification date. For certification dates, check with the division or Financial Aid Office for further information. Students, who are not certified as beginning class, are responsible for any payments due as a result of non-certification, to include the dropping of courses.

**The withdraw date for this class is: 04/12/17**

If you are unable to complete this course, it is your responsibility to withdraw formally. The withdrawal request must be received in the Registrar’s Office by the drop date. Failure to do so will result in your receiving a performance grade, usually an "F." Students often drop courses when help is available that would enable them to continue. Please discuss your plans with your instructor if you feel the need to withdraw. If you drop a class or withdraw from the college before the official drop/withdrawal deadline, you will receive a "W" (Withdraw) in each class dropped.

**Cell phones, electronic devices: (for on campus classes)**

Students are expected to turn off all cell phones, and electronic devices during class.

**Academic Honesty:**

Academic honesty is expected, and integrity is valued in the Dallas County Community Colleges. Scholastic dishonesty is a violation of the Code of Student Conduct. Scholastic dishonesty includes, but is not limited to, cheating on a test, plagiarism, and collusion. As a college student, you are considered a responsible adult. Your enrollment indicates acceptance of the DCCCD Code of Student Conduct published in the DCCCD Catalog. More information is available at [https://www1.dcccd.edu/cat0406/ss/code.cfm](https://www1.dcccd.edu/cat0406/ss/code.cfm)

**Institution Policies:**

Please visit [http://www.mountainviewcollege.edu/Academics/Documents/Institutional%20Policies.pdf](http://www.mountainviewcollege.edu/Academics/Documents/Institutional%20Policies.pdf) for a complete list of institutional policies (Stop Before You Drop; Withdrawal Policy; Repeating a Course; Financial Aid; Academic Dishonesty; Americans with Disabilities Act Statement; Religious Holidays; and Campus Emergency Operation Plan and Contingency Plan.).

**Disclaimer Reserving Right to Change Syllabus:**

The instructor reserves the right to amend this syllabus as necessary in order to enhance learning.