

**Western University  
School of Kinesiology  
KIN 2926R Aqua Fit**

INSTRUCTOR: **Stephanie Paplinskie**

EMAIL: [spaplins@uwo.ca](mailto:spaplins@uwo.ca)

LOCATION: WSRC Pool & WSRC Room 2215  
12:30

TIME: TUTH 10:30-12:30; FRI 11:30-

**Course description:**

This program is designed for students who are comfortable in the water and are interested in the fundamentals of aqua fit classes as well as key principles in teaching these activities in physical education.

**Prerequisite(s):** Completion of the first year Kinesiology program and registration in the School of Kinesiology.

**Course Objectives:**

Students will be exposed to skills and techniques that are used in aqua fit courses and will be expected to be comfortable demonstrating and performing the skills. Students will learn techniques for designing and delivering safe and effective deep water aqua fit classes. This course will include planning and delivering the warm up, cardiovascular, strength, flexibility, endurance, stretching, and relaxation components of an aqua fit class. Instructor and participant safety will also be discussed, as well as use of music and modification of movements to increase or decrease intensity.

**Attendance**

Since group work and cooperative learning is a key aspect of this course, active participation in each class is **mandatory**. A student who cannot physically participate in a given class due to a moderate health or injury problem is expected to attend class and assist his/her classmates by providing feedback regarding error detection/correction.

1. If unable to attend class or either portion of the exam for medical, compassionate, academic or varsity reasons, the student must collect the appropriate documentation from the Kin Undergraduate Office, who will then forward the information to the Course Instructor.
2. **One percent will be deducted from a student's final grade for each unexcused absence.**
3. There is no make-up for missed classes.
4. If you miss class on the day you are scheduled to present, you will lose marks for the presentation until you are able to present appropriate documentation.

**Lateness**

Students are required to be dressed in appropriate attire by the start of the class time. Lateness qualifies for invalid excuses when the teaching assistant has begun teaching. **At three "lates", the student will lose one percent of their final grade, and subsequently 1 percent for every late thereafter.**

## **Inability to continue with physical activity (for medical/compassionate reasons)**

Should a situation arise at any time in the quarter that prevents a student from continuing with the course, applicable documentation must be provided immediately to the Kinesiology Undergraduate Office.

1. Inform the Course Instructor so that they can work with you to complete the requirements of the course in coordination with the recommendation of the Kinesiology Undergraduate Office.
2. All official Kinesiology Undergraduate Office documentation requires the approval of the Course Instructor.
3. Marks for items evaluated in class will stand as of the date that you are no longer able to participate. There will be no make-up for those skills.

### **Grading:**

**Theory Examination (30%)** – 1 hour exam; multiple choice and short answer questions (in class)

### **Practical Evaluation (70%)**

- Weekly participation including ability to perform skills presented; ability to design, analyze, and correct movement; being in-water and active; feedback to peers
- One quiz (10% of final grade)
- One assignment (15% of final grade)
- One mini presentation (15% of final grade)
- Practical demonstration(s)/presentation(s) (30%)

**Required Materials:** All course notes will be on OWL.

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at:  
[www.uwo.ca/univsec/handbook/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf)

## **COURSE SCHEDULE**

COURSE CONTENT: Course content and/or dates may change at the instructor's discretion. Students will be made aware of any changes in advance.\*\*\*

### **WEEK 1**

Oct 25<sup>th</sup>: Course Introduction (WSRC 2215), Aquafit Demonstration (WSRC Pool)  
Oct 27<sup>th</sup>: No class – study day  
Oct 28<sup>th</sup>: No class – study day

### **WEEK 2**

Nov 1<sup>st</sup>: Aquafit Demonstration (WSRC Pool)  
Nov 3<sup>rd</sup>: Aquafit Demonstration (WSRC Pool)  
Nov 4<sup>th</sup>: Properties of Water, Posture & Alignment (WSRC 2215)

### **WEEK 3**

Nov 8<sup>th</sup>: Movement Library (Studio 2)  
Nov 10<sup>th</sup>: Cueing & Transitions (Studio 2)  
Nov 11<sup>th</sup>: Use of Music (WSRC 2215)

#### **WEEK 4**

Nov 15<sup>th</sup>: Safety & Etiquette (WSRC 2215)  
Nov 17<sup>th</sup>: Mini-Presentations (WSRC Pool)  
Nov 18<sup>th</sup>: Training Principles, Special Populations (2215)

#### **WEEK 5**

Nov 22<sup>nd</sup>: Group Presentation Practice (WSRC Pool)  
Nov 24<sup>th</sup>: Group Presentations (WSRC Pool)  
Nov 25<sup>th</sup>: Problem Solving Scenarios (WSRC 2215)

#### **WEEK 6**

Nov 29<sup>th</sup>: Group Presentations (WSRC Pool)  
Dec 1<sup>st</sup>: Group Presentations (WSRC Pool)  
Dec 2<sup>nd</sup>: Assignments Due & Exam Review (WSRC 2215)

#### **WEEK 7**

Dec 6<sup>th</sup>: Final Exam (WSRC 2215)

### **General Course Policies and Procedures**

#### **Rounding of Grades and Re-Weighting of Exams**

These practices will not occur in this course. The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level and there is no re-weighting of exams or exam questions. Please do not ask me to do this for you. It degrades my experience as your professor and your experience as a student. We both have an appreciation for high standards.

#### **Accommodation for Medical Illness or Non-Medical Absences**

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: <https://studentservices.uwo.ca/secure/index.cfm>.

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner.

Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration. For Kinesiology students, you may go to the School of Kinesiology Office in 3M Centre, room 2225. For more information, please see: [http://www.uwo.ca/univsec/handbook/appeals/accommodation\\_medical.pdf](http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf)

## **Statement on Use of Electronic Devices**

### **Policy on Laptops in Class**

The University of Western Ontario acknowledges the integration of new technologies and learning methods into the curriculum. The use of laptop computers can contribute to student engagement and effective learning. However, the instructor may choose to limit the use of electronic devices during group discussions, active learning activities, films, and group activities. If students are found using their laptops for anything other than taking notes or gathering research for their group project during tutorial (e.g. Facebook, TSN, personal banking, Youtube, etc.) they will be asked to leave IMMEDIATELY. If misuse of laptops occurs during class time, laptops may be banned for the remainder of the class for ALL students. If it becomes an ongoing disruptive and disrespectful issue, laptops may be banned for the remainder of the course for ALL students.

### **Cellphones and Similar Devices:**

Cellphones and similar devices, must be on silent (not just vibrate) during classes unless specific permission is sought for emergency purposes in a given class. Text messaging/Facebooking etc. is NOT permitted during class. If you MUST utilize your cell phone during class time for emergency situations, you need to communicate this with the instructor BEFORE class begins. If a student is found using any of these devices in class, he or she may be asked to leave the class.

### **Course Website (OWL Sakai)**

All students in this course need to use OWL to access resources used in this course such as PowerPoint (lecture) handouts, additional handouts and/or readings, and this course outline. Students are responsible to check the OWL site regularly for this course for updates and announcements. Additionally, due to changes in privacy legislation, grades will only be provided to you through the course website – I will not, under any circumstance, convey grades via email or over the phone.

OWL is an electronic shared space that will be used frequently throughout the course for a variety of purposes. Please interact respectfully on this shared e-space. The privilege of contributing to the site can be revoked if deemed necessary.

Please contact Instructional Technology Services (ITS) for difficulties in accessing OWL Sakai at (519) 661-3800, or <https://servlet.uwo.ca:8081/helpdesk/index.jsp>.

## **Contact/Questions**

All questions regarding course content should be posted on OWL Sakai forums. The forums will be set up to include a separate space for questions and discussion related to: (1) lectures/content; (2) the mid-term exam; and (3) the final exam. You have the ability to edit and delete your own posts. The instructor can also delete posts that are deemed to be inappropriate. There will also be a 'general discussion' forum where students can discuss any number of topics.

In all of the above communication tools and any time you are interacting with others on our shared OWL website or via e-mail, please be mindful of 'e-etiquette'. It is expected that you will use proper grammar and punctuation when posting and e-mailing. You are also expected to respect your peers, and instructor in any discussion/forum. Students who do not act accordingly have the potential of losing website privileges. **Please note that you must use your UWO email address for all correspondence regarding this course.**

## **ADDITIONAL STATEMENTS**

### **Student Code of Conduct**

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>.

### **English Proficiency for the Assignment of Grades**

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>.

### **Scholastic Offences**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website: [http://www.uwo.ca/univsec/handbook/appeals/scholastic\\_discipline\\_under\\_grad.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_under_grad.pdf).

Additionally,

1. All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).
2. Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

\*\*\***Plagiarism Policy:** Excerpted from Senate Regulations:

- : Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). The University of Western Ontario uses software for plagiarism checking. Students **may be required** to submit their written work in electronic form [to Turnitin] for plagiarism checking.”
- in any form will not be tolerated in this course, and penalties will be assessed against those students found to have infringed on these regulations. The minimum consequence will be a grade of 0% on any assignment in which plagiarism is detected.

### **Support Services**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health --  
<http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>