

Western University
School of Kinesiology

KIN 2926S: AQUAFIT

INSTRUCTOR: **Stephanie Paplinski**

EMAIL: spaplins@uwo.ca

LOCATION: WSRC Pool & WSRC Room 2215

TIME: TUTH 12:30-2:30pm; FRI 12:30-1:30

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.

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.

Required Materials: All course notes will be on OWL.

Course Evaluations:

- * **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%)

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.

GENERAL COURSE POLICIES & 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.

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. You WILL need the use of a laptop, table, and/or smartphone for this course; 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) group projects. You have the ability to edit and delete your own posts. The instructor and TAs 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 .

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.

Statement on Academic 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 Web site: http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

Plagiarism: 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.

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>).

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.

Academic Accommodation

Medical and Non-Medical Accommodation

For Western University policy on accommodation for medical illness, see: www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf

Student Medical Certificate (SMC): studentservices.uwo.ca under the Medical Documentation heading.

Students seeking academic accommodation on medical grounds for any missed tests, exams, participation components and/or assignments worth 10% or more of their final grade must apply to the Academic Counselling office of their home Faculty and provide documentation. It will be the Dean's Office that will determine if accommodation is warranted.

For work worth less than 10% of the final grade, the instructor will consider requests for academic accommodation on medical grounds made in a timely manner in writing or by appointment in office hours. Such requests need not be accompanied by documentation. The instructor may, however, decide to require documentation be submitted to the appropriate Academic Counselling office.

Students should also note that individual instructors are not permitted to receive documentation directly from a student, whether in support of an application for accommodation on medical grounds, or for other reasons. All documentation must be submitted to the Academic Counselling office of a student's home Faculty. For Kinesiology students, you may go to the School of Kinesiology Office in 3M Centre, room 2225.

Compassionate Accommodation

Bereavement

Generally, for deaths within a student's immediate family (parents, guardians, caregivers, siblings, spouses), bereavement leave is granted, upon provision of documentation.

For deaths within a student's extended family, academic accommodation is given for one to three days, upon provision of documentation.

Students seeking additional bereavement leave for religious or other reasons should contact their Academic Counsellors, and provide valid documentation. For Kinesiology students, you may go to the School of Kinesiology Office in 3M Centre, room 2225.

Religious Accommodation

Students should consult the University's list of recognized religious holidays, and should give reasonable notice in writing, prior to the holiday, to the Instructor and an Academic Counsellor if their course requirements will be affected by a religious observance.

<http://multiculturalcalendar.com/ecal/index.php?s=c-univwo>

Further specific information is given in the Western Academic Calendar.

Support Services at Western

Office of the Registrar: www.registrar.uwo.ca

Student Development Centre: www.sdc.uwo.ca

Mental Health @ Western: www.uwo.ca/uwocom/mentalhealth/students.html

Psychological Services: www.sdc.uwo.ca/psych

Services for Students with Disabilities: www.sdc.uwo.ca/ssd

Accessibility Information: www.accessibility.uwo.ca/

Writing Support Centre: www.sdc.uwo.ca/writing

Learning Skills Services: www.sdc.uwo.ca/learning

International and Exchange Student Centre: www.sdc.uwo.ca/int

Career Centre at Western: www.success.uwo.ca/careers/

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

Jan 10th Course Introduction (WSRC 2215) & Aquafit Demonstration (WSRC Pool)
 Jan 12th Aquafit Demonstration (WSRC Pool)
 Jan 13th

WEEK 2

Jan 17th Posture & Alignment (WSRC 2215), Movement Library (Studio 2) **1:00-2:20pm**
 Jan 19th Properties of Water (WSRC 2215), Cueing & Transitions (Studio 2) **1:00-2:20pm**
 Jan 20th Use of Music (WSRC 2215)

WEEK 3

Jan 24th Mini-Presentations (WSRC Pool)
 Jan 26th Mini-Presentations (WSRC Pool)
 Jan 27th Safety & Etiquette & Training Principles (2215)

WEEK 4

Jan 31st Group Presentation Preparation (WSRC Pool)
 Feb 2nd Group Presentations (WSRC Pool)
 Feb 3rd Special Populations & Problem Solving Scenarios (WSRC 2215)

WEEK 5

Feb 7th Group Presentations (WSRC Pool)
 Feb 9th Group Presentations (WSRC Pool)
 Feb 10th Assignments Due & Exam Review (WSRC 2215)

WEEK 6

Feb 14th Group Presentations (WSRC Pool)
 Feb 16th Final Exam (WSRC 2215)