Course: PKIN 0285 Deep Water Aquafit

Term: Fall 2018

Prerequisite / Co-requisite: Swimming 1

Course Instructor

Jan Rakovsky
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janrak@yorku.ca

Time and Location

Section A  Friday  10:00 – 11:30  Pool

Expanded Course Description

Aquatic fitness is an exercise modality that can accommodate all ages, fitness levels, and abilities through a variety of programming options. Water fitness is an almost perfect means to condition the body; however, there is a need to introduce a variety of programs and techniques not only to benefit the body, but also to stimulate the mind, wash away stress and rejuvenate the spirit.

This is an introductory course which is open to those who have a comfort level in deep water and have Swimming 1 or equivalent. There is an option for students to become certified to teach WaterArt if they declare that they are interested at the beginning of the course and pass the final examinations (an additional fee applies).

The course, Deep Water Aquafit, is supported by lecture and practical experience in the water. The lectures encompass material referencing muscle groups, fitness methods, and teaching techniques. The students experience: isolation and movement of specific muscle groups, specific skills for moving effectively in the water, and methods of providing an aquafitness class for a wide variety of individuals.

Course Learning Objectives

(1) Purpose:

The purpose of this course is to assist students in developing an understanding of the role aquafitness plays in fitness, rehabilitation, and cross-training. The students experience firsthand the sensation of isolating and working with muscle groups and
relating this experience to biomechanical principles. The students have the opportunity to design an aquafit program which is related to a sport or activity of personal interest and to teach a part of it to their peers. Students may choose to become certified to teach WaterArt (an additional fee and examination applies). WaterArt is the International Certification Program which is currently contracted by Toronto Parks and Recreation. A WaterArt certification delivers the possibility of employment for students and familiarizes them with how water can be utilized for rehabilitation and training.

(2) Specific learning objectives of the course:

The specific objectives of the course are that students will be able to:

· understand basic fitness principles
· understand the powerful properties of water
· understand the difference between land and water exercise
· execute fundamental skills
· exhibit leadership skills
· design an aquafitness program
· understand exercise evaluation and progression

Course Text / Readings
Additional readings may be assigned or recommended during the course.

WaterArt Instructor Certification Program: Fundamentals – required reading for certification students only

Evaluation

PLEASE NOTE THAT FRIDAY NOVEMBER 23 CLASS IS CANCELLED

Practical:  

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
<th>Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Assessment/Muscle testing</td>
<td>10%</td>
<td>September 14</td>
</tr>
<tr>
<td>Pre-test</td>
<td></td>
<td></td>
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<tr>
<td>Post-test</td>
<td></td>
<td>November 30</td>
</tr>
<tr>
<td>Teaching Part of a Class</td>
<td>30%</td>
<td>November 9, 16</td>
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<tr>
<td>Skills</td>
<td>10%</td>
<td>On-going</td>
</tr>
<tr>
<td>Attendance and Participation</td>
<td>10%</td>
<td>No more than 2 classes can be missed. Lateness will be considered a partial absence.</td>
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</tbody>
</table>

Written:
Program Design  30%  November 2

“Final course grades may be adjusted to conform to Program or Faculty grades distribution profiles.”

Grading, Assignment Submission,

Lateness Penalties and Missed Tests

Grading: The grading scheme for the course conforms to the grading system used in the undergraduate practicum programs in the School of Kinesiology and Health Sciences at York (e.g., A, B, C) Assignments and tests will bear a letter grade designation.

(For a full description of York grading system see the York University Undergraduate Calendar - http://calendars.registrar.yorku.ca/pdfs/ug2004cal/calug04_5_acadinfo.pdf)

Students may take a limited number of courses for degree credit on an ungraded (pass/fail) basis. For full information on this option see Alternative Grading Option in the School of Kinesiology and Health Sciences section of the Undergraduate Calendar: http://www.registrar.yorku.ca/calendars/2011-2012/faculty_programs/HH/kinesiology.htm

Assignment Submission: Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments for this course must be received on the due date specified for the assignment. Assignments are to be handed in on the specified date, in class.

Lateness Penalty: Assignments received later than the due date will be penalized one-half letter grade per day that the assignment is late. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor but will require supporting documentation (e.g., a doctor’s letter).

Missed Tests: Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor’s letter) may request accommodation from the Course Instructor. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

ADDITIONAL INFORMATION

Class Requirements

Necessary equipment - swimsuit, T-shirt or track pants (to wear over swimsuit) & towel
Recommended - water shoes or sandals
- thermal vest, t-shirt, tights, shorts

Participation: This course requires from students a willingness to participate on land and in the water in a variety of activities.

WaterArt Certification - Certification, Manual, Program cards & DVD - $160.00
IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) - [http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm](http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm)

- York’s Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation