

FACULTY OF HEALTH
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCES

Course: PKIN 0286 Aquatic Sports Conditioning

Term: Winter 2019

Prerequisite / Co-requisite:

Deep Water Aquafit, Swimming 1, or equivalent

Course Instructor

Jan Rakovsky
Bethune College, Undergraduate Office mailbox

janrak@yorku.ca

Time and Location

Section M	Friday	10:00 - 11:30	Tait McKenzie Pool
-----------	--------	---------------	--------------------

Expanded Course Description

Aquatic Sports Conditioning is geared to serious athletes who require cross-training techniques which will enhance their workouts. The “liquid gym” is a beneficial type of training offering resistance comparable to weight training, increased flexibility through buoyancy, cardiovascular enhancement and endurance. There is little or no impact on the joints. Core stabilization is greatly enhanced by working vertically in the water. Resistance in the water is three dimensional compared to working out in one dimension against gravity on land. Choosing a water workout can help to prevent injuries or assist in healing them. Specific muscle groups can be targeted and exercised with greater facility in the water.

The skills acquired in the Aquatic Sports Conditioning course can be applied to cross-training for serious athletes or to assist them in the rehabilitation of injuries. Many serious athletes are already taking advantage of this type of training, such as the students at The National Ballet School. Carlos Condit, the UFC fighter, has a segment on YouTube of his aquatic cross-training <http://www.youtube.com/watch?v=Y9fkZeINqIM>. Although swimming skills are not needed, there are many aquatic skills which must be learned in order to gain the most benefit from working in the water.

Aquatic Sports Conditioning is an advanced course which is open to those who have a comfort level in deep water and/or have Swimming 1 or equivalent. The Sports Conditioning Specialist certification is available for students who wish to update their WaterArt Fundamental Certification (for a fee). Students who have already completed the WaterArt Fundamental Certification course can apply the skills and techniques from the Sports Conditioning Course to augment their existing classes or to create more advanced classes such as “Boot Camp”.

Course Learning Objectives

(1) Purpose:

The course, Aquatic Sports Conditioning, is supported by lecture and practical experience in the water. The lectures encompass material referencing muscle groups, training methods, teaching techniques and methods for providing an advanced program for serious athletes. The students will experience isolation and movement of specific muscle groups and specific skills for moving effectively in the water as well as the accompanying physical benefits of working out in the “liquid gym”.

(2) Specific learning objectives of the course:

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

- understand the benefits of using the properties of water for sports conditioning
- understand how to make training appropriate for multi-skilled and multi fitness leveled groups
- develop awareness of how water exercise can prevent or assist in healing injuries
- learn the hierarchy of needs for peak performance and the hierarchy of training to reach peak performance
- learn the general principles for an exercise blueprint

Course Text / Readings

Additional readings may be assigned or recommended during the course.

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

WaterArt Sports Conditioning Specialist - required reading for certification students only

Evaluation

Practical:

Teaching Conditioning in an Aquatic Environment 30%

Muscle Test 20%

Skills 10%

Participation and Engagement 10%

Due:

Mar. 15, 22

Jan. 18, Mar. 29

On-going

No more than 2 classes may be missed

Written:

Program Design

30%

Mar. 8

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

- 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