

NC STATE UNIVERSITY

Health and Exercise Studies
Department

Carmichael Gym

Class: **HESF 108 Water Step
Aerobics**

Days: Time:



Instructor	Peggy Domingue Fax: 919-515-6149 Email: psdoming@ncsu.edu
Office	Room 1309 Carmichael Gym
Website	http://wolfware.ncsu.edu/
Description	An individually paced water aerobics exercise program designed to increase cardiovascular endurance, muscular strength and endurance, and flexibility. Conducted in chest-deep water on aquatic steps.
Text book	None - All course material will be provided online.
Health Information Statement	Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies support the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health and Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).
GEP Objectives for Courses in the Category of Health and Exercise Studies	Each course in the physical education category of the General Education Program will provide instruction and guidance that help students to: <ol style="list-style-type: none"> 1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and 2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and 3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and 4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

Student Learning Outcomes	<p>Explain and perform the fitness requirements associated with water step aerobics including Cardiorespiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.</p> <p>2. Perform fitness activities through in-class and out-of-class activities.</p> <p>3. Discuss and explain how adopting healthy lifestyle practices will lead to lifelong wellness.</p> <p>4. Identify and explain how the body responds during physical activity through water step aerobics.</p> <p>5. Explain how utilizing different types of equipment, principle of lever arm, eddy drag and frontal surface affect the intensity of an individual's workout.</p> <p>6. Identify the risks associated with water step aerobics and other fitness activities.</p> <p>7. Demonstrate ability and knowledge of water step aerobics movements.</p> <p>8. Demonstrate and safely perform activities both in and out of the water.</p>																		
Course Grading	<table border="1" data-bbox="532 531 1385 919"> <thead> <tr> <th data-bbox="532 531 1247 583">Evaluation Items</th> <th data-bbox="1247 531 1385 583">Points</th> </tr> </thead> <tbody> <tr> <td data-bbox="532 583 1247 636">Midterm Exam</td> <td data-bbox="1247 583 1385 636">20</td> </tr> <tr> <td data-bbox="532 636 1247 688">Final Exam</td> <td data-bbox="1247 636 1385 688">20</td> </tr> <tr> <td data-bbox="532 688 1247 741">Half-Mile Jog</td> <td data-bbox="1247 688 1385 741">30</td> </tr> <tr> <td data-bbox="532 741 1247 793">Syllabus Quiz</td> <td data-bbox="1247 741 1385 793">10</td> </tr> <tr> <td data-bbox="532 793 1247 846">Plank</td> <td data-bbox="1247 793 1385 846">10</td> </tr> <tr> <td data-bbox="532 846 1247 898">Dips</td> <td data-bbox="1247 846 1385 898">10</td> </tr> <tr> <td data-bbox="532 898 1247 919" style="text-align: right;">Total Points</td> <td data-bbox="1247 898 1385 919">100</td> </tr> </tbody> </table>			Evaluation Items	Points	Midterm Exam	20	Final Exam	20	Half-Mile Jog	30	Syllabus Quiz	10	Plank	10	Dips	10	Total Points	100
Evaluation Items	Points																		
Midterm Exam	20																		
Final Exam	20																		
Half-Mile Jog	30																		
Syllabus Quiz	10																		
Plank	10																		
Dips	10																		
Total Points	100																		
Grading Scale	<table data-bbox="378 930 1526 1140"> <tbody> <tr> <td>97 - 100 = A+</td> <td>93 - 96.99 = A</td> <td>90 - 92.99 = A-</td> </tr> <tr> <td>87 - 89.99 = B+</td> <td>83 - 86.99 = B</td> <td>80 - 82.99 = B-</td> </tr> <tr> <td>77 - 79.99 = C+</td> <td>73 - 76.99 = C</td> <td>70 - 72.99 = C-</td> </tr> <tr> <td>67 - 69.99 = D+</td> <td>63 - 66.99 = D</td> <td>60 - 62.99 = D-</td> </tr> <tr> <td>0 - 59.99 = F</td> <td></td> <td></td> </tr> </tbody> </table>			97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-	87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-	77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-	67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-	0 - 59.99 = F			
97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-																	
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-																	
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-																	
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-																	
0 - 59.99 = F																			
Dress	<ol style="list-style-type: none"> 1. Women – bathing suit with good bust support (one piece is highly recommended – a sports bra can be worn under bathing suit if appropriate or needed). 2. Men – bathing suit, no cut-off shorts. 3. Points will be deducted for improper dress and the inability to participate in class will result in an absence. 4. Leave all jewelry and valuables at home or in the locker. 5. NO chewing gum! 																		
Emailing Instructor	<p>In order to receive a response from your instructor, your email should be structured as follows:</p> <ol style="list-style-type: none"> 1. Properly address your instructor. 2. Identify who you are, the class you are in and the purpose of your email. 3. Please be specific and use complete sentences in your comments/questions. 4. Any emails which are not sent appropriately as outlined above will not be responded to and will be deleted. 5. Other methods of contacting instructor are: via office phone or attending instructor's office hours. 6. All questions concerning the course and its content must be posted on the Moodle website using the Course Question Forum. 																		
Policies																			
Attendance	<p>Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any written work missed within one</p>																		

week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

See <http://policies.ncsu.edu/regulation/reg-02-20-03> for more information.

1. Students are expected to attend classes.
2. **For students registering late, all missed classes count as absences.**
3. If a student has an excused absence (illness, family emergency, court, school excused event, death of family member, medical problems, etc.) a written verification from the appropriate official is required within **one week** of the absence, however, the absence will remain. Please DO NOT call the Department of Health and Exercise Studies office to let the instructor know you are sick.
4. **All WORK missed, as a result of an excused absence must be made up within one week following the absence. An absence cannot be made up.**
5. **Two tardies = one absence.**
6. The inability to participate in class will result in an absence.
7. The student is responsible for all assignments and materials covered during an absence.
8. Extended illness or injury, which prohibits continued participation in this class, may necessitate a medical drop. It will be the responsibility of the student to present documentation to the instructor to initiate this process.
9. Use the honor system, students should attend class using their personal discretion.
10. If the student is more than 5 minutes late he/she will be considered absent.
11. Obtain permission from the instructor in advance for missing physical fitness testing.
12. Contact the instructor prior to the scheduled date and time if you are unable to take the exam as scheduled.
13. Skills tests and exams cannot be made up unless the student provides a compelling reason for absence (documentation of a medical emergency, official university function, military service, or jury duty; certified religious observances; or a death in the immediate family). Students should notify the professor of such reasons as soon as possible, and before the test if possible. Students should consult the university attendance policies at <https://policies.ncsu.edu/regulation/reg-02-20-03-attendance-regulations/>

Absences	Points
0	+3
1-5	0
6	F

Academic Integrity Statement

Students are required to comply with the university policy on academic integrity found in the Code of Student Conduct found at <http://policies.ncsu.edu/policy/pol-11-35-01> The act of submitting anything for evaluation implies that it is the exclusive work of the individual or group making the submission. Any reasons for similarity to other works must be explicitly acknowledged. *All violations of academic integrity will be reported and appropriate sanctions applied.*

Students with Disabilities

Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with the Disability Resource Office at Holmes Hall, Suite 304, Campus Box 7509, 919-515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation (REG02.20.01) <https://policies.ncsu.edu/regulation/reg-02-20-01/>.

	<p>*This will also cover physical limitations. Documentation must be submitted to the instructor on the first day of class to allow any accommodations for physical fitness testing and activities required for the course.</p>
Credit Only	<p>In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to: https://policies.ncsu.edu/regulation/reg-02-20-15 (Credit-Only Courses),</p> <p>Note: The student is responsible for requesting credit only grading on MyPack Portal by the University dead line.</p>
Audits	<p>Audit students must score above 50% on all work combined to receive a grade of “AU” for this course; otherwise a grade of “NR” is given. Auditors are expected to attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade. For more details refer https://policies.ncsu.edu/regulation/reg-02-20-04</p>
Late Assignments	<p>Assignments are due on or before the time and date indicated on the assignments. Due dates can be extended for students with valid reasons as defined by the NCSU Attendance policy at: https://policies.ncsu.edu/regulation/reg-02-20-03-attendance-regulations/.</p> <p>In cases where the conflict can be anticipated, prior arrangements must be made with the instructor to receive an extension. In cases of illness or family emergency, the student may be required to present documentation or other proof to receive an extension. Late assignments without a valid excuse will not be accepted and will receive a score of zero.</p>
Incomplete Grades	<p>At the discretion of the instructor, students may be given an IN grade for work not completed because of a serious interruption in their work not caused by their own negligence. If an extended deadline is not authorized by the instructor or department, an unfinished incomplete grade will automatically change to an F after either (a) the end of the next regular semester in which the student is enrolled (not including summer sessions), or (b) by the end of 12 months if the student is not enrolled, whichever is shorter. Incompletes that change to F will count as an attempted course on transcripts. The burden of fulfilling an incomplete grade is the responsibility of the student. The policy on incomplete grades is located at: https://policies.ncsu.edu/regulation/reg-02-50-03/</p>
Anti-Discrimination Statement:	<p>NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, creed, sex, national origin, age, disability, veteran status, or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on race, color, religion, creed, sex, national origin, age, disability, veteran status, or sexual orientation also is a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at http://policies.ncsu.edu/policy/pol-04-25-05 or http://www.ncsu.edu/equal_op/. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 919-515-3148.</p>
Online Class Evaluations	<p>Online class evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are</p>

	<p>confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.</p> <p>Evaluation website: https://oirp.ncsu.edu/classeval/for-students/complete-evaluations/</p>
Electronic Hosted Course Components	<p>Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course. Electronically-hosted Components: Moodle.</p>
General Information	<ol style="list-style-type: none"> 1. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique. 2. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury. 3. The use of illegal drugs, tobacco products, or alcoholic beverages is prohibited. 4. Pets and visitors are not allowed during class periods. 5. Please turn off cell phones during class time. 6. All musical devices and cell phones must be turned off when you enter class.

NC State University Policies, Regulations and Rules

Students are responsible for reviewing the PRRs, which pertain to their course rights and responsibilities. These include: <http://policies.ncsu.edu/policy/pol-04-25-05> (Equal Opportunity and Non-discrimination Policy Statement),

<http://oied.ncsu.edu/home/> (Office for Institutional Equity and Diversity),

<http://policies.ncsu.edu/policy/pol-11-35-01> (Code of Student Conduct),

<http://policies.ncsu.edu/regulation/reg-02-50-03> (Grades and Grade Point Average),

<https://policies.ncsu.edu/regulation/reg-02-20-15> (Credit-Only Courses),

<https://policies.ncsu.edu/regulation/reg-02-20-04> (Audits), and

<https://policies.ncsu.edu/regulation/reg-02-50-03> (Incompletes).