JEFFERSON COLLEGE
COURSE SYLLABUS

HPE124
RECREATIONAL WATER ACTIVITIES
1 Credit Hour

Prepared by:
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Dr. Sandra Frey, Social Science & Business Division Chair
HPE124 Recreational Water Activities

I. CATALOGUE DESCRIPTION

A. Prerequisite: None

B. 1 semester hour credit

C. Recreational Water Activities is an arranged course where students independently complete 25 hours in the pool during open swim hours. In addition, students are required to complete six written assignments. This course provides students the opportunity to design and tailor an exercise program specific to their individual needs and abilities. An orientation will be scheduled during the first week of classes. (F, S, Su)

II. EXPECTED LEARNING OUTCOMES/CORRESPONDING ASSESSMENT MEASURES

<table>
<thead>
<tr>
<th>Expected Learning Outcomes</th>
<th>Assessment Measures</th>
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<tbody>
<tr>
<td>Identify characteristics of a safe and effective exercise program</td>
<td>Discussion</td>
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<td>Complete 30 clock hours of water activities</td>
<td>Attendance logs Personal journals</td>
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<tr>
<td>Gradually increase physical efficiency and capacity to complete aquatic exercises</td>
<td>Pre-/Post checklist Personal journals</td>
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III. OUTLINE OF TOPICS

A. Introduction to course
   1. Overview of course
   2. Safety concerns and adaptation
   3. Importance of hydration
   4. Pool rules

B. Structuring an exercise program
   1. Principles of exercise
   2. Components of an appropriate fitness program
   3. Types of exercise

C. Exercise adherence
   1. Tracking progress
   2. Maintenance
IV. METHODS OF INSTRUCTION
   A. Self-directed water activities
   B. Discussion

V. REQUIRED TEXTBOOK
   None

VI. REQUIRED MATERIALS
   Swimsuit
   Towel

VII. SUPPLEMENTAL REFERENCES
   Current library holdings

VIII. METHODS OF EVALUATION
   A. Attendance logs
   B. Personal journal
   C. Pre/Post checklist

IX. ADA AA STATEMENT
   Any student requiring special accommodations should inform the instructor and the Coordinator of Disability Support Services (Library, phone 636-481-3169).

X. ACADEMIC HONESTY STATEMENT
   All students are responsible for complying with campus policies as stated in the Student Handbook (see College website, http://www.jeffco.edu).

XI. ATTENDANCE STATEMENT
   Students earn their financial aid by regularly attending and actively participating in their coursework. If a student does not actively participate, she/he may have to return financial aid funds. Consult the College Catalog or a Student Financial Services representative for more details.

XII. OUTSIDE OF CLASS ACADEMICALLY RELATED ACTIVITIES
   The U.S. Department of Education mandates that students be made aware of expectations regarding coursework to be completed outside the classroom. Students are expected to spend substantial time outside of class meetings engaging in academically related activities, such as reading, studying, and completing assignments. Specifically,
time spent on academically related activities outside of class, combined with time spent in class meetings, is expected to be a minimum of 37.5 hours over the duration of the term for each credit hour.