

Linfield College
DEPARTMENT OF HEALTH, HUMAN PERFORMANCE AND ATHLETICS
Course Syllabus
SUMMER 2008

Course: HHP 060 Aquatic Fitness
Credit Hours: 1
Location & Time: Pool / Mon/Wed 12:05pm - 12:50 pm
Instructor: Christine Kirk
Office: n/a
Phone: 503-435-0464
Email: ckirk@linfield.edu
Office Hours: by appointment

To familiarize students with the principals & benefits of Aqua Aerobic Classes

1. To improve our cardio vascular fitness , strength , muscle tone, and stamina
2. To reduce stress & tension.
3. To receive a better understanding of fitness classes.
4. To create a sense of well being .
5. To demonstrate a safe & effective workouts.
6. To honor our bodies, as individuals day by day.
7. To encourage exercise , not just for today, but also as part of your future.

Requirements:

1. Active participation
2. Absences need to be cleared by instructor! Three unexcused absences will result n an automatic failure.

Special Accommodations: Students with documented disabilities who may need accommodations, who have any emergency medical information the instructor should know of, or who need special arrangements in the event of evacuation, should make an appointment with the instructor as early as possible, no later than the first week of the term.

Academic Honesty: Linfield College has a policy regarding academic honesty. All students enrolled in this course are expected to follow it. The policy can be found in the Student Handbook and Planner. If unsure about whether your work reflects an appropriate level of "academic honesty" do not hesitate to discuss the matter with the instructor before the work is started.

*Aquatic Fitness
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