

FACULTY OF HEALTH
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCES

Course: PKIN 0285 Deep Water Aquafit.

Term:Fall 2022

Prerequisite / Co-requisite:

Sports Conditioning Deep water, Swimming 1

Course Instructor

Nicole Hopkins

nicoleferg1@gmail.com

905-510-758

Feel free to text me

Section A. Friday 10:00- 11:30am

Tait McKenzie Pool

Expanded Course Description

Deep water Aquatic Fitness is geared to students 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 Deep water Aquafit course can be applied to cross-training for athletes or to assist them in the rehabilitation of injuries. Many 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.

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. Deep water Aquafit is open to those who have a comfort level in deep water and/or have Swimming 1 or equivalent.

Course Learning Objectives

(1) Purpose:

The course, Deep water Aquafit, is supported by lecture and practical experience in the water. The lectures encompass material referencing muscle strengthening, training methods, equipment types and purpose, teaching techniques and methods for all age groups including seniors.. 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 benefits on the “liquid Gym” for long term health
- learn the how to put together a work out for multiple fitness levels and ages.

Course Text / Readings

Additional readings may be assigned or recommended during the course.

Evaluation (5% will be given for attendance)

Practical

Teaching Conditioning in an Aquatic Environment 30%

Assignment 15%

Skills 15%

Participation and Engagement 20%

Due:

On-going

Second half

On-going

No more than 2 classes may be missed

Written:

Final exam

15% Marked in class

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
 -t-shirt,shorts

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

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