Instructor: Brittni Kohler  
Office: HPER 111  
Office Hours: M/W 10:30-11:30 T/TH 8:00-9:00  
E-Mail: brittni.hopkin@aggiemail.usu.edu

**COURSE FEES**
Course fees in the amount of $50.00 will be used to maintain the pool and pay lifeguards.

**COURSE OVERVIEW**
This course is designed to provide students with opportunity to maintain personal fitness, with an emphasis on non-weight-bearing cardiovascular activity in water. Emphasis will be placed on safety, fitness, and enjoyment.

**COURSE OBJECTIVES**
1. To introduce various training concepts in relation to water aerobics.  
2. To learn proper movements.  
3. To increase and maintain personal fitness.

**GRADING**
1. Course is graded Pass/Fail.  
2. **After THREE (3) absences the students will lose credit and receive an “F” grade.**  
   - *Only 2 make-ups will be allowed each semester.* Make-ups are completed by attending any other PE class on campus and getting a signed note from the instructor. The note needs to have the student’s name, class they attended, time the class started, how long the class lasted, and the instructor’s signature. The instructor has the right to not accept any make-ups.  
3. Attendance and participation are the primary grading criteria.  
4. Non-participation counts as an absence, unless excused. **This includes doing something other than the workout assigned by the instructor.**  
5. After THREE (3) tardies an absence will occur.

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**OTHER**
ALL swimming pool rules will be enforced.

Lockers, towels, and shower facilities are available in the HPER.

Reasonable accommodations will be provided for all persons with disabilities to ensure equal participation within the program.

This is a non-competitive class. All participants should work at their own level. Should you experience any of the following symptoms please stop the activity and alert the instructor.

* Lightheaded/Dizziness  
* Chest Pain/Tightness  
* Unusual Fatigue
**DO NOT SEEK PRIVACY**

NOTICE

Students with ADA-documented physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations. Veterans may also be eligible for services. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, (435)797-2444 voice, (435)797-0740 TTY, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.

_Students MUST sign the release form prior to taking part in any activity class!_