Instructor: Rebecca Jensen
Office: 111 HPER
Office Hours: Tuesday 1:30-3:30pm
Thursday 1:30-3:30pm
E-Mail: rebecca.jensen@aggiemail.usu.edu

**COURSE OVERVIEW**
Provide students with the opportunity to maintain personal fitness, with an emphasis on non-weight-bearing cardiovascular activity in water.

**COURSE FEE**
The $50.00 will be used to maintain the pool and pay lifeguards

**COURSE OBJECTIVES**
1. Improve cardiovascular endurance
2. Gain muscle strength and toning
3. Improve muscle flexibility

**CLASS POLICIES**
1. Shower before entering pool
2. Do not bring food into the pool
3. NO gum in the pool!
4. Do NOT enter the pool until the instructor and a lifeguard are on deck
5. Wear swimsuits that allow for participant to participate in water aerobics activities comfortably without embarrassment to self or others.

**GRADING AND EVALUATION**
This class is on a Pass/Fail basis. Anyone with more than three (3) absences will fail. Each student will be evaluated on attendance, attitude, and participation. Excused absences are allowed if the instructor is notified before and if it is a valid excuse (University or Doctor excused). Up to three (3) absences can be made up by scheduling with the instructor.

**OTHER**
If you experience any of the following symptoms during class, STOP vigorous exercise immediately and talk with the instructor:
* Lightheaded/Dizziness
* Chest Pain/Tightness
* Nausea
* Unusual Fatigue
* Sever Breathlessness
* Allergic Reactions
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.