**AQUATIC FITNESS**

TEACHER: Mrs. Winters

OFFICE: C160 GYM

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**Essential Concepts:**

1. Aerobic fitness promotes wellness and a healthy cardio-respiratory system which is essential to participation in activities in daily life.
2. Aerobic fitness has many benefits.
3. Unsafe practices can lead to injury and discontinued exercise.
4. Aerobic fitness requires continuous moderate to vigorous physical activity.
5. Local and environmental factors impact an individual's aerobic fitness.
6. Research, medical advances, technology, and government policies/regulations influence the prevention and control of health problems.

**Key Learner Objectives:**

1. Aerobic fitness promotes wellness and a healthy cardio-respiratory system which is essential to participation in activities in daily life. Understand and achieve health related benefits from in class training. Appreciate the benefits of a healthy and active lifestyle.

2. Aerobic fitness has many benefits. Understand and appreciate the lifetime fitness and health benefits of swimming and recreational water activities. Identify the various activities that you can do to improve fitness levels while in the water. Develop all components of fitness through use of various equipment and aquatic fitness activities.

3. Unsafe practices can lead to injury and discontinued exercise. Understand the best and safest practices in and around the pool. Identify the Emergency Action Plan while in the pool area.

4. Aerobic fitness requires continuous moderate to vigorous physical activity. Evaluate fitness levels doing a variety of workouts using both working and resting strokes. Participate in a variety of aquatic fitness aerobic workouts. Practice and demonstrate proper technique to improve basic swimming strokes, front crawl, back crawl, breaststroke, elementary backstroke, and sidestroke.

5. Local and environmental factors impact an individual’s aerobic fitness. Evaluate environmental factors that influence our aerobic fitness choices.

6. Research, medical advances, technology, and government policies/regulations influence the prevention and control of health problems. Analyze current research, trends, and policies that might impact their health and fitness.

**Activities:**

Stroke Development

Various timed swims

Fitness Swim Workouts

Cross-Fit Workout

Heart Rate Workout

Water Aerobics

Synchronized Swimming

Station-Circuit Workouts

Treading Water

**ATTENDANCE AND PARTICIPATION**

* Students are expected to attend and dress appropriately for **EVERY** class.
* Students are expected to be on time and actively participate.
* Students with medical restrictions are expected to dress appropriately for **EVERY** class and participate in modified or alternative activity.
* Swimming is a required unit during the 11th and 12th grade. All students must pass the swimming unit to receive credit for Physical Education.
* Students will receive detention for class cut and will receive no credit for that day.

**Appropriate dress for Physical Education Class**

* A one-piece swim suit is required; goggles, swim cap and flip flops are strongly recommended.
* Students will receive a verbal warning if they fail to dress properly for class and will earn no points for that day. This continued behavior will result in a below average or failing grade. (See student handbook.)
* Students are not permitted to bring cell phones to class.
* Students are expected to bring a lock and **LOCK UP THEIR VALUABLES**. Lockers are provided in the locker rooms. Locker rooms cannot be locked during the class period.
* Students are not permitted in locker rooms when not scheduled for Physical Education.

**Medical Restrictions**

* Students who are ill or injured shall present a note from a parent or guardian to temporally limit their participation. This note will be honored up to 1 week (2 to 3 days) **Students are expected to change and report to class**. Students are expected to make up required activities.
* Chronic or long-term restrictions require a Physician’s note to exempt a student from participation in required activities. This note shall include; the duration, restricted activities, and suggested activities.
* Students with modified restrictions are expected to dress appropriately for **EVERY** class and participate in alternative activity, unless they are restricted from all activity.
* Students with medical restriction will be assessed for the cognitive portion of the unit.

**Make Up Policy**

* Students are responsible for making up missed class time, activities and assessments.
* Students are expected to make-up missed work within **2 weeks**.
* Students will not be permitted to make up class if they have not dressed for class or the class absence is unexcused.

**Assessment**

* Students will receive a grade every quarter on their report card.
* Student grade will be determined by total number of points earned out of total possible points.
* Cumulative points will determine Semester and Final Grades.
* Students are required to pass the swimming unit to receive credit for Physical Education.
* Students on medical exemption will receive (X) on their report card.
* Students on medical exemption must complete 2 Units to receive credit for Physical Education.

 **Participation** (5 points per day) **Approximately 50%**

1. Active participation and following instructions
2. Appropriate dress for activity
3. Consistent effort to improve knowledge/skill
4. On time for class

**Assessment Approximately 35%**

1. Self, partner and instructor progress assessment
2. Cognitive written assessment
3. Fitness assessments

**Assignments Approximately 15%**

* Class Work
* Projects
* Homework

**BENEFITS OF SWIMMING**

**Cardiovascular Fitness**

Vigorous swimming workouts help improve your cardiovascular system function. Your breathing and heart rates increase along with your exertion level. Proper breathing techniques help you increase your oxygen intake without gasping for air as you propel yourself through the water. Over time, your lungs and heart more efficiently take in air and circulate oxygen-rich blood throughout your body. Your blood vessels improve their tone as well. Swimming also reduces the risk of stroke, heart attack and diabetes.

**Nonimpact Exercise**

Water's buoyancy gently supports your body during swimming workouts. In fact, water reduces your body's weight by 90 percent, according to the American Council on Exercise. This reduction translates to much less stress on your bones, joints and muscles. Arthritis patients, or others with physical conditions that limit land-based exercise, often find that swimming meets exercise goals without causing physical stress. Swimming workouts minimize injury risks as well.

**Muscle Toning**

A regular swimming regimen helps improve your overall muscle tone and works virtually all of your body's major muscle groups. Muscle-toning benefits vary with each type of stroke, though the backstroke and breaststroke challenge your entire body. For example, your abdominals help balance your core while you slice through the water. Your triceps and biceps propel you forward, while your quadriceps and hamstrings provide the power that helps you accelerate.

**Weight Loss**

Swimming workouts are not guaranteed to produce weight-loss results by themselves. Swimming's weight-loss potential is similar to that of other vigorous exercise, such as regular [running](http://www.livestrong.com/running/) workouts. [Weight loss](http://www.livestrong.com/lose-weight/) is accomplished by combining your regular swimming sessions with a balanced diet.

**Flexibility**

Swimming enhances the flexibility of your joints.

**Target Heart Rate Zone**

220 - Age = MHR

MHR x 60% = lower end of THRZ

MHR x 90% = upper end of THRZ

220 – 17 = 203 (MHR) x 60% = 122 BPM

220 – 17 = 203 (MHR) x 90% = 183 BPM

THRZ = 122 – 183 for a 17 year old

**The F.I.T.T. Principle**

The *F.I.T.T. Principle* helps us remember how often, how hard, how long, and what type of exercise to do.

*Frequency*: most days of week

*Intensity*: 60% to 90% of MHR

*Time*: at least 20 minutes in your THRZ

*Type*: aerobic/anaerobic

**POOL SAFETY INFORMATION**

1. Emergency Action Plan
* Listen for a signal – you will know there is an emergency.
* Follow instructions if asked to assist or clear the area.
* Phone to call nurse and/or 911 located in the pool room.
1. Fire Exit located out the door and up the stairwell outside to the other side of the road.
2. Please let me know if you feel lightheaded, sick, and/or short of breath.
3. Never go into the water until directed to do so by the teacher.
4. No diving in the shallow end.
5. No gum. No jewelry.
6. If you are fearful about getting in the water please let me know. I will work with you.
7. It is very difficult to hear in the pool area. Please be quiet while I’m instructing lessons.
8. Change Time ~ 10-12 minutes. I will not write late passes if I let you go within that time.
9. Locker room options: regular locker room or pool locker room.
10. The blue mats will be used by those with medicals or deck days. Keep shoes off of mat.
11. All medicals and deck day students will be released at the 8 minute bell.
12. Consequences for being late: 1st offense -1 point; 2nd offense -2 points; 3rd offense -3 points; and so on…
13. Please see me for a pass if you need to see the nurse. If you miss the majority (or entire) class it will be recorded as an absence.
14. Make ups opportunities: Study hall or after school. Be ON TIME to receive full credit.