

Department of Kinesiology and Health Science  
Augusta State University  
**WELL1501Aquacise**  
**1 Semester Hour**

**Description**

This is water aerobics, exercise performed mostly in shallow water to accommodate both the swimmer and non-swimmer. Some deep water exercises are introduced using flotation devices. Moving in the water greatly decreases the stress on weight-bearing joints, minimizes muscle soreness, and virtually eliminates the risk of joint injury.

**Instructor**

Lurelia A. Hardy, Assistant Professor  
CFH 232; (706)731-7911; lhardy@aug.edu  
Office Hours: Mon/Wed/Fri 9:00-10:00; Tue/Thu 2:30-3:30 (by appointment)

**Objectives**

Upon completion of this course, each student should have

- A. an understanding of the components of fitness (written exam)
- B. improved cardiorespiratory fitness (RPE)
- C. increased strength and flexibility in the big muscle groups
- D. knowledge of the properties of water and their relationship to exercise
- E. experienced a form of stress management

**Evaluation**

- A. Attendance/participation will be checked daily. 3 points will be deducted for each day you are absent or not participating in the water. Absences are only excused for required participation in university activities, military call, or jury duty, not court summons, doctor's appointments, advising, labs, or other class work. (Ladies who do not get in the pool during the menstrual cycle will lose 1.5 points.) Coming to class 15 minutes after class time is the same as being absent.
- B. Swimsuits, unitards, leotards/tights or bikers shorts with swim tanks can be worn. T-shirts cannot be worn in the water. Aquatic shoes are optional.
- C. Class work includes the following:

Midterm exam	25 points
Attendance	75 points

**Bibliography**

Gibson and Hoeger (2003). Water Aerobics for Fitness and Wellness, Third Edition. Thomson Wadsworth  
Katz, Jane (1996). The Aquatic Handbook for Lifetime Fitness. Boston: Allyn and Bacon  
WebCT Vista: aug.view.usg.edu  
<http://www.healthatoz.com/healthatoz/Atoz/hl/fit/card/water.jsp>  
Water Aerobics  
[www.waterart.org](http://www.waterart.org)  
Click on Newsletters: Go to "Healthy Benefits of Water Fitness"