

- I. COURSE TITLE:** PED 114 **Water Volleyball** (water depth 3 1/2' - 6') 1 hour PED credit
Instructor: Pam Milling Ofc. 601-925-3491 deck: 601-925-3492 milling@mc.edu
- II. PREREQUISITES:** Healthy joints required for contact with the volley ball. Swimming ability required since the volley court depth is 3 1/2' - 6'. Water shoes required for traction, comfort, and safety.
- III. COURSE DESCRIPTION:** This course is outlined to combine fitness and fun with competition, and is an effective alternative to traditional activity class formats. A water volleyball net is strung across the shallow end of the pool. Students enjoy leaping from the water as they soar into the air to slam the ball down in the opposite court, and love the support of the water as they crash downward. In water jumping is easy, moving and changing directions is more of a challenge, and volleyball can be played as nowhere else. Natural qualities of the water provide a safe way to play volleyball while each student exercises to receive benefits of the activity. Water Volleyball can be played with a minimum of six students to a maximum of 16 students by changing boundaries.
- IV. RATIONALE:** This course is compatible with the mission of Mississippi College, a Christian College, because of the value placed on stimulating physical development. Water volleyball is an anaerobic activity and is a refreshing break from sand, sweat, and impact. It combines jumps, stretches, dives, water running, and quick starts in order to make contact with the lightweight ball. This course increases muscular activity and flexibility which enhances physical fitness. This course also teaches speed, agility, balance, and coordination which are the four (4) most successful things to learn in the water. Excitement is a part of every game. This course promotes team cooperation, enthusiasm, and strategy while encouraging the following benefits listed in the AKWA and the AEA Aquatic Fitness Research Journal:
- A. Exercising in water improves anaerobic capacity.
 - B. Impact to the body while exercising in water is less since body weight is reduced depending on the depth of the water; waist deep by 50%, chest deep by 70%, shoulder/neck depth by 80%-90%. Risk of injury is minimal.
 - C. Exercising in water promotes muscle conditioning in strengthening and toning muscles pairs through jumps, quick starts, and running.
 - D. More energy is required to move in water since water is 800 times heavier than air.
 - E. Blood circulation is improved through exercising in water.
 - F. The principles of the water help to increase flexibility and range of motion for land sports.
 - G. Stress is relieved not only through the water exercise but also by simply having fun.
 - H. After several weeks of pushing muscles through the swirling water to make contact with the volley ball, the student will notice an increase in their response time as they play sports on land.
- V. LEARNING OBJECTIVES AND OUTCOMES:** Upon course completion a student will:
- A. Have developed a skill for cooperation and team work which is a lifetime necessity.
 - B. Have improved endurance level and increased performance skills during land activity.
 - C. Have developed a technique for stress release.
 - D. Have had an opportunity to develop interpersonal relationships while providing fun and enjoyment during this course.
 - E. Have improved body functions through physical fitness in shallow water.

VI. ACADEMIC INTEGRITY: It is expected that a student attending Mississippi College will be scrupulously honest. Therefore, plagiarism and cheating will be dealt with in accordance with the policies of the university. These policies are stated in the current Undergraduate Bulletin, Policy 2.19.

VII. COURSE TOPICS: The major topics to be considered are:

- A. Shallow water volleyball benefits
- B. Differences between water fitness and swimming
- C. Aquatic temperatures
- D. Aquatic chemicals

VIII. INSTRUCTIONAL METHODS: Instructional procedures will include:

- A. Explanation of shallow water volleyball rules and benefits, aquatic temperatures, and chemicals.
- B. Demonstration of proper body alignment and movement during play for jumps and quick starts.
- C. Demonstration and explanation for use of the following types of equipment:
 - 1. Cuffs
 - 2. Bells
 - 3. Buoyancy belt
 - 4. Buoyancy saddle
 - 5. Hydroider professional bike (water shoes required)
 - 6. Hydroider professional treadmill (water shoes required)
- D. Determining the body's breathing rate related to exercise intensity through the Rate of Perceived Exertion (RPE) scale with explanation of warning signals alerting the body to slow down.
- E. Explanation of a water walk assessment which will be administered at the beginning and end of the semester to determine gains in water fitness. Private appointments may be set to assess student progress.
- F. A sample of the following will be demonstrated and explained during mid semester for the student to have a well rounded water fitness education of vertical exercises to be used for volume training: Water Walking with Dynamic Stretching, Deep Water Running, Liquid Abs and Deep Core, and Hydroiding.
- H. If lightening is occurring during class time or the pool is experiencing equipment problems, the class will meet on deck for a stretching program.
- I. During any emergency, follow the directions of the lifeguard, such as: if alarm sounds, all must exit building.

IX. ASSIGNMENTS:

Students will complete a medical health questionnaire on the first day of class. Private appointments will be set if necessary. For safety purposes, differentiation must be made for pool space and type of equipment with the following considerations:

- A. Height of individual.
- B. Novice swimmer vs advanced swimmer.

This will be accomplished during the first class meeting by discussion and explanation.

A Water Walk Assessment will be administered at the beginning of the semester to establish a comparison factor for the second one given during the latter part of the semester.

X. EVALUATION: Class participation is required. Evaluation will be based on recorded attendance, participation, assessments, etc. The student will receive a grade of Credit or No Credit for the course.

Non-participation in water exercises will not be condoned without a doctor's or instructor's approval.

XI. OTHER COURSE INFORMATION:

- A. **FITNESS TEST/SKILLS ASSESSMENTS:** A water walk assessment will be administered at the beginning of the semester to establish a comparison factor for the second one given during the latter part of the semester.
- B. **ABSENCES:** During fall and spring semesters a student is allowed two (2) absences for activity classes. Should a student obtain the third absence, he/she will not receive credit for the course. A limited number of make-ups will be allowed for emergencies. See the instructor for schedule.
- C. **SPECIAL ACCOMMODATIONS:** In order for a student to receive disability accommodations under Section 504 of the Americans with Disabilities Act, he or she must schedule an individual meeting with the Director of Student Counseling Services **immediately upon recognition of their disability** (if their disability is known they must come in before the semester begins or make an appointment **immediately** upon receipt of their syllabi for the new semester). The student must bring with them written documentation from a medical physician and/or licensed clinician that verifies their disability. If the student has received prior accommodations, they must bring written documentation of those accommodations (example Individualized Education Plan from the school system). Documentation must be current (**within 3 years**). The student must meet with SCS **face-to face** and also attend two (2) additional follow up meetings (one mid semester before or after midterm examinations and the last one at the end of the semester). Please note that the student may also schedule additional meetings as needed for support through SCS as they work with their professor throughout the semester. Note: Students must come in **each semester** to complete their Individualized Accommodation Plan (example: MC student completes fall semester IAP plan and even if student is a continuing student for the spring semester they must come in again to complete their spring semester IAP plan). Student Counseling Services is located on Alumni Hall 4th floor or they may be contacted via email at MBryant@mc.edu or RWard@mc.edu . You may also reach them by phone # **601-925-7790**.
- D. Tuition refunds will not be made to students who drop a class after the first week.

XII. INSTRUCTIONAL MATERIALS AND BIBLIOGRAPHY:

Text: None

Contemporary reference books:

Aquatic exercise association manual. (2013). Nokomis, FL: AEA.
Alexander, Christine. (2011). Water Fitness Lesson Plans and Choreography. Human Kinetics.

Classic reference books:

Baum, G. (1991). Aquarobics. London: Arrow Books Unlimited.
Baum, Glenda. (1998). Aquarobics-the training manual. W.B. Saunders.
Casten, C. (1994). Aqua aerobics today. St. Paul, MN: West.
Gibson, Terry-Ann Spitzer and Hoeger, Werner W. K. (1999). Water for fitness and wellness.
(1988). Soft workouts. Alexandria, VA: Time-Life Books.
Spritzer, T., & Hoeger, W. K. (1990). Physical fitness: The water aerobics way.

DVD's:

Milling, Pamela G. (2013). When water moves miracles happen

1. Aqua power step.
2. Athletic conditioning.
3. Deep water running.
4. Water aerobics.
5. Water walking.

PUBLICATIONS:

Milling, Pamela G. (2013 May). Update bone density revelation.

www.mc.edu/water-fitness.

Milling, Pamela G. (2013 May). Highlights on the importance of alkalinity.

www.mc.edu/water-fitness.

Milling, Pamela G. (2013. January). One Degree. www.mc.edu/water-fitness

Milling, Pamela G. (2012. April). Bone density revelation.

www.aewave.com/news&more/healthynews.

Milling, Pamela G. and Ward PhD. Rob. (2011. April/May). Water fitness for athletes education and performance benefits. AKWA mazazine.

Sova, R. (1992. December). Water walking. AKWA letter.

Sova R. (1991. February). Why use rpe? AKWA letter.

WEBSITE:

<http://www.mc.edu/water-fitness>

<http://www.mc.edu/FACULTY/Milling,Pamela>