

# Aquatics Course Syllabus

Whitney High School  
Physical Education Elective 17-18

**Mrs. Kari Ustaszewski-Begley**

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## **Course Description:**

This course is designed for students to increase their cardiovascular and muscular fitness through a variety aquatic training and land workouts. The course will focus on aerobic in the pool swimming, dry land core work and a variety of swimming technique practices. It is expected that students participate every day.

## **Grading:**

Dressing 40%, Participation 40%, Assignment/Tests 20%

**90-100        A**

**80-89        B**

**70-79        C**

**Below 70% will result in a NO CREDIT**

## **Class Materials/Fees:**

Appropriate Bathing Suits

Towel

Goggles/Cap

Maroon Shirt

Vegas Gold Shorts

Athletic Shoes

## **Essential Skills:**

- Dress in appropriate swim attire
- Dress in PE clothes when appropriate
- Regular attendance and on task at all times
- Active participation at all times
- Successful completion of all assignments

I agree to the following class expectations and grading requirements.

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Student

Parent

Date