

Reviewed by: K. Bandy
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Semester effective: Spring 2020

Physical Education (PHED) 1629 Intermediate Water Aerobics (1 Unit) CSU

Prerequisite: Successful completion of PHED 1529 with a grade of 'C' or better

Prerequisite knowledge/skills: Before entering the course the student should be able to:

1. Demonstrate muscle tone and flexibility,
2. Demonstrate cardiovascular fitness,
3. Estimate target heart rate according to their respective age, and
4. Evaluate degree of personal fitness level.

Hours and Unit Calculations:

Total Contact Hours: 48 hours lab (48 Total Student Learning Hours) 1 unit

Catalog Description: This class is designed to provide callisthenic type exercises and routines using the resistance of the water as a means for developing cardiovascular endurance, strength, flexibility, and coordination. Posture and appearance will improve through performance and understanding of using the water as a resistance. The class can be used for rehabilitation and as a cross-training activity for athletes.

Type of Class/Course: Degree Credit

Text:

Gibson, Terry-Ann Spitzer, and Werner W.K. Hoeger. *Water Aerobics for Fitness and Wellness*. 4th ed. Cengage Learning, 2011.

Additional Instructional Materials: None

Course Objectives:

By the end of the course, a successful student will be able to:

5. Demonstrate improvement of muscle tone and flexibility,
6. Demonstrate shallow water resistance training moves,
7. Demonstrate improvement of cardiovascular fitness,
8. Estimate target heart rate according to their respective age and target conditioning level, and
9. Evaluate degree of personal fitness level.

Course Scope and Content (laboratory):

- Unit I Exercise Patterns:
- A. Aquatic warm-up procedures

- B. Aerobic movements
- C. Building strength and flexibility
- D. Aquatic resistance training moves
- E. Cool down/relaxers

Unit II Assessment of Fitness

- A. Flexibility
- B. Muscular strength
- C. Muscular endurance
- D. Cardiovascular endurance

Unit III Skill Development

- A. Extension and downward movement
- B. Jogging
- C. Scissors
- D. Resistance

Unit IV Workout Types

- A. Basic
- B. Interval training
- C. Deep water jogging
- D. Resistance

Unit V Before and After Self-Evaluation Tests

- A. Comparison of resting, training and recovery heart rate
- B. Overall wellness

Methods of Instruction:

1. Oral instruction,
2. Demonstration, and
3. Mediated learning.

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Reading assigned text and
2. Skill practice.

Methods of Evaluation:

1. Performance exams,
2. Completion of self-evaluation, and
1. Skill improvement

Supplemental Data:

TOP Code:	083500: Physical Education
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	I: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	C: Pass/No Pass
Taft College General Education:	NONE
Discipline:	Health or PE or Kinesiology or Coaching