

# PE - 245 - Water Aerobics

## COURSE OUTLINE OF RECORD

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### VIII. General Course Information

**Subject:\***

PE

**Course Number:\*** 245

**Descriptive Title:\*** Water Aerobics

**Course Disciplines:\***

Physical Education

**Division:**

Health Sciences and Athletics

**Department:\***

Physical Education

**Catalog Description:\***

This course provides instruction on aerobic conditioning done in water. Emphasis is placed on cardiorespiratory endurance, flexibility, muscular strength, and endurance.

### **Conditions of Enrollment:**

**Prerequisite:**

**Co-requisite:**

**Recommended Preparation:**

**Enrollment Limitation:**

Course Length:  Full Term

Hours Lecture (per week): 0

Hours Laboratory (per week): 3

Outside Study Hours:\* 0

Total Hours:\* 54

Course Units:\* 1

Grading Method: Letter Grade only

Credit Status: Credit, degree applicable

Transfer CSU:  Yes  No

Effective Date: Prior to July 1992

Transfer UC:  Yes  No

Effective Date: Spring 1994

General Education ECC: Area 5 - Health and Physical Education

Term:

Other:

CSU GE:

Term:

Other:

IGETC:

Term:

Other:

**IX. Outcomes and Objectives**

**A. Student Learning Outcomes SLOs** (The course student learning outcomes are listed below.)

- Student Learning Outcomes:** **SLO #1 CV Fitness**  
Students will demonstrate improvements in cardiovascular fitness.
- SLO #2 Flexibility**  
Students will demonstrate improvements in flexibility.
- SLO #3 Exercise Heart Rate**

Students will calculate and utilize exercise training heart rates to monitor exercise intensity.

**B. Course Objectives** (The major learning objectives for this course are listed below.)

**Course Objectives:**

1. Identify safety hazards and practice safe procedures to avoid accidents associated with the pool.
2. Compare and contrast the resistance of water to gravity when conducting exercises to increase muscular strength and endurance.
3. Examine personal limitations when selecting correct speed, depth, and position when exercising in the water.
4. Experiment with the hydrodynamic principles of water exercise and discover how each applies to the intensity of the workout session.
5. Employ proper techniques when using a variety of flotation devices while doing shallow water exercises.
6. Explain correct body mechanics while using a variety of resistance equipment in shallow water activities.
7. Compare and contrast the personal fitness profile at the beginning and end of the term and then evaluate the changes in light of training frequency, duration and intensity.

**X. Outline of Subject Matter**

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

Example:

- I. Main Topic (3 hours, lecture)
  - A. Sub topics
  - B. Sub topics
    1. Super sub topic
    2. Super sub topic

**Major Topics:**

- I. Safety in and around the pool (1 hour, lab)
- II. Comparison of training done in the water to that performed on land (1 hour, lab)
- III. Muscle pair identification (1 hour, lab)
- IV. Personalizing the water training (1 hour, lab)
- V. Hydrodynamics of water exercise (4 hours, lab)
- VI. Pre-testing fitness fundamentals (2 hours, lab)
- VII. Training in shallow water without equipment (6 hours, lab)
- VIII. Training in shallow water with flotation devices (6 hours, lab)
- IX. Training in shallow water with resistance equipment (6 hours, lab)
- X. Training in deep water (6 hours, lab)
- XI. Aquatic kickboxing techniques (4 hours, lab)
- XII. Partner events and relay races (3 hours, lab)
- XIII. All water triathlon event and varieties (2 hours, lab)
- XIV. Circuit training (8 hours, lab)
- XV. Post-testing fundamentals of fitness (2 hours, lab)
- XVI. Evaluating the change in measurements (1 hour, lab)

**Total Lecture Hours:** 0

**Total Laboratory Hours:** 54

**Total Hours:** 54

**XI. Primary Method of Evaluation and Sample Assignments**

**A. Primary Method of Evaluation (choose one):**

**Primary Method of Evaluation**

3) Skills demonstration

**B. Typical Assignment Using Primary Method of Evaluation**

**Typical Assignment Using Primary Method of Evaluation:**

Complete an all-water triathlon consisting of 100 yards running in shallow water, 100 yards swimming with a flotation belt in deep water, followed by 100 yards of deep water running.

**C. College-level Critical Thinking Assignments**

**Critical Thinking Assignment 1:** Analyze your muscular strength and endurance to determine the correct number of repetitions at each station when performing the circuit training workout. Record your findings in your log book.

**Critical Thinking Assignment 2:** In written form, compare and contrast pre- and post-test measurements and evaluate the changes.

**D. Other Typical Assessment and Evaluation Methods**

**Other Evaluation Methods:**  Class Performance  Completion  Homework Problems  Laboratory Reports  Matching Items  Multiple Choice  Other Exams  Performance Exams  True/False

**If Other:**

**XII. Instructional Methods**

*Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.*

**Instructional Methods:**  Demonstration  Lecture  Multimedia presentations  Other (specify)

**If other:** Skill practices and workouts

**XIII. Work Outside of Class**

**Work Outside of Class**  Course is lab only - minimum required hours satisfied by scheduled lab time  Other (specify)  Study

**If Other:** Access online resources that support instruction in class and/or email contact from instructor.

**XIV. Texts and Materials**

**A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)**

**B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)**

Alternative  
Textbooks:

**C. Required Supplementary Readings**

Required  
Supplementary  
Readings:

**D. Other Required Materials**

Other Required  
Materials:

## **XV. Conditions of Enrollment**

**A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.**

Requisite

Category

Requisite course:

Requisite and  
Matching skill(s):  
Bold the requisite  
skill. List the  
corresponding course  
objective under each  
skill(s).

**B. Requisite: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.**

Requisite:

Requisite and  
Matching skill(s):  
Bold the requisite  
skill. List the  
corresponding course  
objective under each  
skill(s). if applicable

**C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)**

**Requisite course:**

**Requisite and Matching skill(s):**  
**Bold the requisite skill. List the corresponding course objective under each skill(s).**

**D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)**

**Requisite:**

**Requisite and Matching skill(s):**  
**Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable**

**E. Enrollment Limitations**

**Enrollment Limitations and Category:**

**Enrollment Limitations Impact:**

**Course Created by:** Linda Delzeit

**Date:** 09/01/1989

**Board Approval Date:** 03/12/1990

**Last Board Approval Date:**

**Last Reviewed and/or Revised by:** Traci Granger

**Date:** 09/10/2012