

Course: PE 40

Also Listed As:

Term Effective: 201030, CURRICULUM APPROVAL DATE: 11/23/2009

Short Title: AQUATIC EXERCISE

Full Title: Aquatic Exercise

<u>Contact Hours/Week</u>	<u>Units</u>	<u>Number of Weeks</u>	<u>Total Contact Hours</u>
Lecture: 0	.5 OR 1	17.34	Lecture: 0
Lab: 1.5 OR 3			Lab: 26.01 OR 52.02
Other: 0			Other: 0
Total: 1.5 OR 3			Total: 26.01 OR 52.02

Credit Status: D - Credit - Degree Applicable

Grading Modes: L - Standard Letter Grade  
 P - Pass/No Pass

Repeatability: Repeatability: R - Course may be repeated  
 Maximum of 3 times

Schedule Types: 04 - Laboratory/Studio/Activity

Course Description:

A variety of exercises will be performed in shallow water to improve one's aerobic fitness, flexibility, and strength; while at the same time providing an exercise form easy on skeletal stress. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

## ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 200530

CSU GE:

CSU E1, effective 200530

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200530

UC TRANSFER:

Transferable UC, effective 200530

PREREQUISITES:

COREQUISITES:

STUDENT LEARNING OUTCOMES:

1. The student will demonstrate four upper body and four lower body exercises designed for improving muscular strength and/or muscular endurance.

Measure: performance based

ILO: 7, 2

GE-LO: E1

2. The student will demonstrate four upper body and four lower body exercises designed for improving flexibility.

Measure: performance based

ILO: 7, 2

GE-LO: E1

3. The student will calculate, monitor, and chart their THR.

Measure: pre and post testing

ILO: 2, 7, 6, 1

GE-LO: E1, E3, A1

TOPICS AND SCOPE:

Curriculum Approval Date: 11/23/2009

4.5 - 9 Hours

Introduction to class, including course syllabus, grading, and safety requirements. Determine aerobic fitness level and teach warm-up routine.

Discuss the benefits derived from exercise. Demonstrate two flexibility and two muscular strength and/or muscular endurance aquatic exercises, such as wall walk, deck push ups, jumping jacks, and line hopping. Provide information on training at your THR. Teach power walking. Continue exercises.

SPO: Students will participate in pre-testing to determine their aerobic fitness level. They will perform a warm-up routine. The students will demonstrate a flexibility and a muscular strength and/or muscular endurance training aquatic exercise. They will explain how to calculate their target heart rate.

6 - 12 Hours

Warm-up, including power walking. Check THR. Introduce additional flexibility and muscular strength and/or muscular endurance training exercises. This may include cross country skiing, can-can, lunges, and high knee. Continue exercise routines presented in earlier classes.

SPO: Students will demonstrate the proper technique for the exercises presented. They will participate in class work outs and monitor their THR.

7.5 - 15 Hours

Warm-up. Add additional aquatic exercises to improve flexibility and muscular strength and/or muscular endurance. The speed at which power walking is performed should be increased and the number of repetitions each exercise is performed should be increased.

SPO: Students will apply the techniques learned into the class work outs. They will demonstrate a variety of flexibility and muscular strength and/or muscular endurance exercises.

7.5 - 15 Hours

Warm-up, including power walking. Continue exercise program. Introduce new aquatic exercises as needed to challenge students. Add the use of any training aids available, such as kick boards, leg floats, hand weights, etc.

SPO: Students will demonstrate any new exercises that are introduced. They will utilize training aids in class work outs.

2 Hours

Final. Post-testing.

Note:

Students who repeat the class will have the opportunity to learn additional exercises designed for improving their flexibility and muscular strength and/or muscular endurance. They can also improve their fitness level by increasing the number of repetitions of each exercise and increasing their working heart rate.

METHODS OF INSTRUCTION:

Demonstration, small groups, discussion

METHODS OF EVALUATION:

This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily:

Involves skill demonstrations or problem solving

The problem-solving assignments required:

Other: Calculate target heart rate.

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

None

Other category:

Class participation required.

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 5% - 10%

Skill demonstrations: 30% - 50%

Objective examinations: 0% - 0%

Other methods of evaluation: 40% - 60%

REPRESENTATIVE TEXTBOOKS:

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: D

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 40

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000035292

Sports/Physical Education Course: Y

Taxonomy of Program: 083510