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Physical Education (PHED) 1529 Water Aerobics (1Unit) CSU
[Formerly Physical Education 21ABCD]

Prerequisite: None

Total Hours: 48 hours lab

Catalog Description: This is an activity class providing cardiovascular conditioning, muscle strengthening, and flexibility through water exercise (not swimming) emphasizing low impact on joints. The class is intended for beginners and 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. Stamford, CT: Cengage Learning, 2011. Print.

Additional Instructional Materials: None

Course Objectives:

By the end of the course, a successful student will 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.

Course Scope and Content (laboratory):

- Unit I Exercise Patterns
- A. Warm-up
 - B. Aerobic exercise
 - C. Strength and flexibility
 - D. Body toning exercises
 - E. Cool down/relaxers
- Unit II Cardiovascular and Heart Rate Monitoring
- A. Characteristics of a healthy heart
 - B. Pulse measurements

- C. Target heart rate

- Unit III Exercise Program Development
- A. Healthy alignment for efficiency and injury prevention
 - B. Body control
 - C. Balancing muscle groups
 - D. Varying direction of muscle groups

- Unit IV Change of Pace Activities
- A. Deep water exercises
 - B. Kick boards

- 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
3. Skill improvement.