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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.

Total Hours: 48 hours lab

Catalog Description: This class is designed to provide calisthenic 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*. 4<sup>th</sup> ed. Stamford, CT: Thomson, 2011. Print.

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.