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Physical Education (PHED) 1729 Advanced Water Aerobics (1Unit) CSU

Prerequisite: Successful completion of PHED 1629 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 is an activity course designed to improve muscular strength, flexibility and cardiovascular fitness, while reducing stress on the body by performing exercises in the water. Exercises will involve variations in movement and tempo, both with and without resistive implement, to achieve advanced fitness improvements. This course is designed for those individuals with a high degree of aerobic fitness. The class can also 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. Adjust and yield to buoyancy equipment,
9. Modify exercise intensity as appropriate,
10. Estimate target heart rate according to their respective age and target conditioning level,
11. Evaluate degree of personal fitness level, and
12. Describe the benefits of exercise and its importance to a healthy lifestyle.

Course Scope and Content (laboratory):

- Unit I            Components of an aquatic workout:
- A.     Buoyancy warm-up
  - B.     Cardio warm-up
  - C.     Aerobic segment
  - D.     Aerobic cool-down
  - E.     Muscular conditioning
  - F.     Stretching/warm-down
- Unit II            Assessment of fitness
- A.     Flexibility
  - B.     Muscular strength
  - C.     Muscular endurance
  - D.     Cardiovascular endurance
- Unit III           Upper and lower body movements
- A.     Extension and downward movement
  - B.     kicking
  - C.     Sculling
  - D.     Resistance
  - E.     Push and Pull
  - F.     Lever length
- Unit IV            Workout types
- A.     Water weights
  - B.     Interval training
  - C.     Deep water jogging
  - D.     Resistance
  - E.     Moguls
  - F.     Kick variations
- 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.