

**KAQUA 3.2 Course Outline as of Fall 2021****CATALOG INFORMATION**

Dept and Nbr: KAQUA 3.2 Title: INT AQUATIC CALISTHENICS

Full Title: Intermediate Aquatic Calisthenics

Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

This water aerobics course will include intermediate level aquatic calisthenic exercise. This course also covers aquatic calisthenic program design and hydrodynamic principles, and will prepare students to apply intermediate level aquatic calisthenic skills and techniques to a fitness program.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: This water aerobics course will include intermediate level aquatic calisthenic exercise. This course also covers aquatic calisthenic program design and hydrodynamic principles, and will prepare students to apply intermediate level aquatic calisthenic skills and techniques to a fitness program. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:	

### **CID:**

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Participate in an individualized intermediate level aquatic calisthenics program while demonstrating appropriate water safety skills.
2. Apply hydrodynamic principles, phases of aquatic calisthenic workouts and components of fitness to an aquatic calisthenics program.
3. Design an individualized intermediate level aquatic calisthenics program.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Demonstrate intermediate level water safety concepts in relation to intermediate aquatic calisthenics.
2. Employ proper equipment use.
3. Describe how the components of fitness can be applied to intermediate aquatic calisthenic workouts.
4. Discuss the various hydrodynamic principles that pertain to aquatic calisthenics.
5. Explain the phases of an aquatic calisthenics workout
6. Demonstrate an intermediate level of aquatic calisthenic skill and technique.
7. Design an appropriate aquatic calisthenics workout based on proper fitness assessment, progression and techniques.

### **Topics and Scope:**

- I. Water Safety
  - A. Pool
  - B. Equipment
  - C. Intensity
- II. Components of Fitness and Exercise Selection in Relation to Intermediate Aquatic

- Calisthenics
  - A. Flexibility
  - B. Strength
  - C. Power
  - D. Endurance
  - E. Anaerobic vs aerobic exercise
  - F. Upper and lower extremity exercises
- III. Intermediate Level Equipment Use
  - A. Kickboards
  - B. Buoys
  - C. Fins
  - D. Flotation belts
  - E. Noodles
- IV. Hydrodynamic Principles
  - A. Overload
  - B. Drag and turbulence
  - C. Force
  - D. Speed
  - E. Law of Inertia
  - F. Law of Acceleration
  - G. Law of Action/Reaction
  - H. Viscosity and frontal resistance
  - I. Center of gravity
  - J. Center of buoyancy
  - K. Hydrostatic pressure
  - L. Surface tension
- V. Phases of a Workout
  - A. Warm-up
  - B. Anaerobic and aerobic training
  - C. Toning
  - D. Cool-down
- VI. Aquatic Calisthenics Program Design
  - A. Intensity, frequency, duration
  - B. Appropriate progression
  - C. Proper technique adjustments for fitness goals
  - D. Target heart rate for water exercise
  - E. Pre and post fitness assessment testing
- VII. Intermediate Level Aquatic Calisthenic Exercise
  - A. Correct lever arm for arm and leg movements
  - B. Body position adjustments
  - C. Maintain selected intermediate level water exercise movements at an intermediate level target heart rate

### **Assignment:**

1. Execute aquatic calisthenic exercises
2. Fitness assessment such as pre and post-testing
3. Cardio/respiratory conditioning, muscular strength and endurance, and/or flexibility exercises
4. Exercise 1 hour per week per unit in addition to regularly scheduled class meetings
5. Quiz(zes) (1 - 3)
6. Exercise heart rate calculation

## Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Aquatic calisthenic exercises, fitness assessment, cardio/respiratory conditioning, and heart rate calculation

Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Quiz(zes)

Exams  
20 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation and attendance

Other Category  
40 - 60%

## Representative Textbooks and Materials:

Fantastic Water Workouts. 2nd ed. Baun, Mary Beth. Human Kinetics. 2008 (classic)

Instructor prepared materials