KAQUA 3.1 Course Outline as of Fall 2012

CATALOG INFORMATION

Dept and Nbr: KAQUA 3.1 Title: AQUATIC CALISTHENICS Full Title: Aquatic Calisthenics Last Reviewed: 3/9/2020

Units		Course Hours per Week	ľ	Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	6	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	22 - 4 Times in any Comb of Levels
Also Listed As:	
Formerly:	PHYED 16

Catalog Description:

Resistance training in the water. This class will include a variety of water exercises taking advantage of water pressure, water resistance and buoyancy.

Prerequisites/Corequisites:

Recommended Preparation: Course Completion of PHYED 12.1

Limits on Enrollment:

Schedule of Classes Information:

Description: Resistance training in the water. This class will include a variety of water exercises taking advantage of water pressure, water resistance and buoyancy. (Grade or P/NP) Prerequisites/Corequisites: Recommended: Course Completion of PHYED 12.1 Limits on Enrollment: Transfer Credit: CSU;UC. Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: CSU GE:	Area Transfer Area	l	Effective: Effective:	Inactive: Inactive:	
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer	:Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Upon completion of this course, the student will be able to:

- 1. Understand the benefits of water exercise
- 2. Evaluate and improve cardiorespiratory conditioning and endurance.
- 3. Demonstrate water resistance exercises.
- 4. Develop a personal aquatic exercise program based on current fitness level and goals.
- 5. Demonstrated understanding of standard water safety procedures and guidelines.
- 6. Use standard pool rescue equipment.

7. Repeating students must demonstrate increased depth and breadth of advanced skills with new learning objectives.

Topics and Scope:

I. Repetitive exercise to improve strength, endurance, flexibility and body composition.

- Â. Upper body
- B. Lower body

C. Core

II. Cardiovascular activities

- A. Walk, jog, run, leap, hop, skip and slide
- B. Deep water exercise
- C. Rhythmic calisthenics
- III. Personal fitness components
 - A. Intensity, frequency, duration
 - B. Workout formula (warm up, workload, cool down)
 - C. Stair/step progression
 - D. Heart rate in relation to exercise target zone
- IV. Personalizing your workout

V. Repeating students must demonstrate increased depth and breadth of advanced skills with new learning objectives.

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. 1-3 quizzes
- 6. Exercise heart rate calculation

7. Repeating students must demonstrate increased depth and breadth of advanced skills with new learning objectives

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.

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

None

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

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

1-3 quizzes

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

Participation and attendance

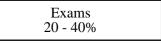
Representative Textbooks and Materials:

Instructor prepared materials

Writing 0 - 0%	

Problem solving 0 - 0%

Skill Demonstrations 20 - 40%



Other Category 40 - 60%