

KAQUA 3.1 Course Outline as of Fall 2016**CATALOG INFORMATION**

Dept and Nbr: KAQUA 3.1 Title: BEG AQUATIC CALISTHENICS

Full Title: Beginning 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: PHYED 16

Catalog Description:

This water aerobics course will include beginning level aquatic calisthenic exercise. This class will include a variety of beginning water exercises.

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

Description: This water aerobics course will include beginning level aquatic calisthenic exercise. This class will include a variety of beginning water exercises. (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:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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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 beginning level aquatic calisthenics program while demonstrating appropriate water safety skills and equipment use.
2. Discuss the phases, technique and relation of basic components of fitness to beginning level aquatic calisthenic exercise.

Objectives:

1. Demonstrate proper water safety concepts in relation to beginning aquatic calisthenics.
2. Employ proper equipment use in relation to beginning aquatic calisthenics.
3. Describe how the basic components of fitness can be applied to beginning aquatic calisthenics workouts.
4. Define the phases of a beginning aquatic calisthenic workout.
5. Demonstrate beginning level aquatic calisthenic exercise.
6. Discuss resting and target heart rate.

Topics and Scope:

- I. Water safety
 - A. Pool
 - B. Equipment
 - C. Intensity
- II. Components of fitness and exercise selection in relation to beginning aquatic calisthenics
 - A. Flexibility
 - B. Strength
 - C. Power
 - D. Endurance
- III. Introduction to aquatic calisthenic equipment
 - A. Kickboards
 - B. Buoys
 - C. Fins
 - D. Flotation belts

- E. Noodles
- IV. Introduction to phases of a workout
 - A. Warm-up
 - B. Cool-down
- V. Beginning level aquatic calisthenic exercise
 - A. Body position
 - B. Technique
 - C. Exercise identification
- VI. Heart rate
 - A. Resting heart rate
 - B. Target heart rate

Assignment:

1. Execute beginning 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

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.

1-3 quizzes

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 Edition 2008; Mary Beth Pappas Bain

Instructor prepared materials