## CATALOG INFORMATION

Dept and Nbr: KAQUA 4.1 Title: DEEP WATER RUNNING
Full Title: Deep Water Running
Last Reviewed: 12/12/2023

| Units |  | Course Hours per Week | Nbr of Weeks | Course Hours Total |  |
| :--- | ---: | :--- | :---: | :--- | ---: |
| Maximum | 1.50 | Lecture Scheduled | 0 | 17.5 | Lecture Scheduled |

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: $\quad 00$ - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:
Formerly: PHYED 17

## Catalog Description:

Deep water running and other aquatic exercises for improving fitness, cross training, water safety, and rehabilitation. Workout composition, proper body mechanics, aquatics rehabilitation skills, and water safety skills will be presented.

## Prerequisites/Corequisites:

## Recommended Preparation:

Course Completion of KAQUA 1.1

## Limits on Enrollment:

## Schedule of Classes Information:

Description: Deep water running and other aquatic exercises for improving fitness, cross training, water safety, and rehabilitation. Workout composition, proper body mechanics, aquatics rehabilitation skills, and water safety skills will be presented. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Course Completion of KAQUA 1.1
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:

 CSU GE:IGETC: Transfer Area
CSU Transfer: Transferable Effective:

UC Transfer: Transferable Effective: Fall 2000 Inactive:

Effective: Inactive:
Effective: Inactive:
Effective: Inactive:
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. Identify and demonstrate fundamental cardiovascular/respiratory principles in aerobic water exercises.
2. Demonstrate and explain exercises and muscle groups specific to muscular strength and endurance.
3. Identify and apply deep water running exercises and methods for flexibility improvement, body awareness, and body composition.

## Objectives:

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

1. Improve physical fitness through progressive resistance training and aerobic water exercise.
2. Demonstrate an understanding of proper workout composition and learn to develop personalized aquatic fitness conditioning program.
3. Demonstrate proper body mechanics with a focus on posture and body core stabilization.
4. Explain and execute various aquatic rehabilitation techniques.
5. Demonstrate deep water safety skill.
6. Demonstrate deep water running, and resistive training techniques and fundamentals.

## Topics and Scope:

I. Deep Water Safety Skills
A. Treading water with and without buoyancy equipment
B. Exercising with clothing
C. Reaching assists, familiarity with rescue equipment
II. Using Water as a Medium for Progressive Resistance Training
A. Principles of water

1. Buoyancy
2. Compression
3. Resistance
4. Specific gravity
5. Action/reaction
B. Hydrodynamic forces, speed of movement, surface area of body
C. Resistance equipment and progressive fitness training
6. Buoys
7. Webbed gloves
8. Power buoys
9. Flotation buoys
10. Shoes
11. Clothing
D. Different types of deep water running
12. Frog jog
13. Kick back jog
E. Other exercises: cross-country skiing, jacks, vertical kicking III. Workout Composition
A. Personal assessment of fitness level
B. Gradual progression of intensity and duration
C. Importance of warm-up, and stretching for injury prevention
IV. Proper Body Mechanics and Core Stabilization
A. Keep proper posture, body alignment during exercise
B. Train the body, musculature in optimum posture
C. Purpose of abdominal and spinal muscles
D. Utilizing water to exercise core stabilizing muscles
V. Aquatic Rehabilitation Techniques
A. How compression assists in reducing swelling
B. Water immersion and pain reduction
C. Active assisted exercise
14. Jogging forward and reaching and pulling back with arms
15. V-Sits: legs and arms open or close simultaneously
D. Active resisted exercise
16. Jogging forward and pushing forward with arms
17. V-Sits: legs and arms open or close in opposition

## Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

1. Fitness assessment such as pre and post-testing
2. Cardio/respiratory conditioning, muscular strength and endurance, and/or flexibility exercises
3. Exercise 1 hour per week per unit in addition to regularly scheduled class meetings
4. Objective quizzes (1-3)
5. Midterm and/or final exam
6. Exercise heart rate calculation
7. Performance exams

## 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 noncomputational problem solving skills.
None


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

Fitness assessment, cardio/respiratory conditioning, deep water running techniques, and heart rate calculation

Skill Demonstrations 20-30\%

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

Quizzes, Midterm, and Final: multiple choice, true/false, and short answer

Exams
$20-30 \%$

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

Participation and attendance
Other Category
40-50\%

## Representative Textbooks and Materials:

Water Exercise Print CE Course. Layne, Melissa. Human Kinetics. 2016

