

**PHYED 16 Course Outline as of Fall 2003****CATALOG INFORMATION**

Dept and Nbr: PHYED 16 Title: AQUATIC CALISTHENICS

Full Title: Aquatic Calisthenics

Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	3	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: PE 4

**Catalog Description:**

Water exercise taking advantage of water pressure, water resistance and buoyancy.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**Description: Water exercise taking advantage of water pressure, water resistance and buoyancy.  
(Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

## **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 1981	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	

**CID:**

**Certificate/Major Applicable:**

Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The primary objective of this course is to provide students with the knowledge and skills that will help them make lifetime fitness a part of their life style. At the completion of this course the student will have the opportunity to:

1. Evaluate the benefits of water exercise.
2. Analyze cardiorespiratory conditioning and endurance.
3. Compare water resistance exercise.
4. Design a personal exercise program.

### **Topics and Scope:**

- I. Repetitive exercise to improve strength, endurance, flexibility and body composition.
  - A. Exercises for muscle groups of the
    1. Arms, shoulders, chest and back
    2. Waist, abdominals, lower back
    3. Hips, thighs, legs
- II. Cardiovascular Activities
  1. Walk, jog, run, leap, hop skip, slide
  2. Deep water exercise
  3. Rhythmic calisthenics
- III. Personal Fitness
  - A. Fitness components:
    1. Intensity, frequency, duration
    2. Work-out formula - warm-up - work load - cool down
    3. Stair-step progression (overload-adaptation)
    4. Heart rate in relation to exercise target zone

**Assignment:**

## 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

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.

Class performances, Performance exams, SKILL EXAMS

Skill Demonstrations  
20 - 40%

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

True/false

Exams  
20 - 40%

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

ATTENDANCE

Other Category  
40 - 60%

## Representative Textbooks and Materials: