PHYED 16 Course Outline as of Fall 2005

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:	34 - 4 Enrollments Total
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 Enrollments Total

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:
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:

CID:

Certificate/Major Applicable:
Major Applicable Course

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 cardiorespiratorty 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: