

KINA 4.1 Course Outline as of Summer 2025**CATALOG INFORMATION**

Dept and Nbr: KINA 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	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: KAQUA 4.1

Catalog Description:

This course will focus on deep water running and other aquatic exercises for improving fitness, cross training, water safety, and rehabilitation. Students will learn workout composition, proper body mechanics, aquatics rehabilitation skills, and water safety skills.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of KAQUA 1.1

Limits on Enrollment:**Schedule of Classes Information:**

Description: This course will focus on deep water running and other aquatic exercises for improving fitness, cross training, water safety, and rehabilitation. Students will learn workout composition, proper body mechanics, aquatics rehabilitation skills, and water safety skills.
(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:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Transferable	Effective: Fall 2000	Inactive:
UC Transfer:	Transferable	Effective: Fall 2000	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 and muscular endurance 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 improvement in flexibility, 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
 - 1. Buoys
 - 2. Webbed gloves
 - 3. Power buoys
 - 4. Flotation buoys
 - 5. Shoes
 - 6. Clothing
- D. Different types of deep water running
 - 1. Frog jog
 - 2. 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 and body alignment during exercise
 - B. Purpose of abdominal and spinal muscles
 - C. Utilize 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
 - 1. Jogging forward and reaching and pulling back with arms
 - 2. V-Sits: legs and arms open or close simultaneously
 - D. Active resisted exercise
 - 1. Jogging forward and pushing forward with arms
 - 2. V-Sits: legs and arms open or close in opposition

Assignment:

- 1. Fitness assessment such as pre- and post-testing of cardiovascular and deep water running techniques
- 2. Quizzes and exams
- 3. Exercise heart rate calculation
- 4. 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.

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.

Fitness assessment, heart rate calculation

Skill Demonstrations
20 - 30%

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

Quizzes and exams

Exams
20 - 30%

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

Attendance and participation

Other Category
40 - 50%

Representative Textbooks and Materials:

Make the Pool Your Gym; No-Impact Water Workouts for Getting Fit, Building Strength, and Rehabbing from Injury. 2nd ed. Knopf, Karl. 2023