## PHYED 13.3 Course Outline as of Fall 2003

## **CATALOG INFORMATION**

Dept and Nbr: PHYED 13.3 Title: ADV. AQUATIC FITNESS Full Title: Advanced Aquatic Fitness Last Reviewed: 12/12/2023

Units		Course Hours per Week	N	lbr of Weeks	<b>Course Hours Total</b>	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	2	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 1.3

#### **Catalog Description:**

Aggressive program of physical fitness through swimming and dryland activity.

## **Prerequisites/Corequisites:**

## **Recommended Preparation:**

Course Completion of KAQUA 2.1 (or PHYED 13.1 or PE 1.1)

### **Limits on Enrollment:**

### **Schedule of Classes Information:**

Description: Agressive program of physical fitness involving swimming and dryland activity. (Grade or P/NP) Prerequisites/Corequisites: Recommended: Course Completion of KAQUA 2.1 ( or PHYED 13.1 or PE 1.1) Limits on Enrollment: Transfer Credit: CSU;UC. Repeatability: 4 Times in any Comb of Levels

# **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

AS Degree: CSU GE:	Area Transfer Area	L		Effective: Effective:	Inactive: Inactive:
<b>IGETC:</b>	Transfer Area	l		Effective:	Inactive:
CSU Transfer	:Transferable	Effective:	Spring 1992	Inactive:	
UC Transfer:	Transferable	Effective:	Spring 1992	Inactive:	

CID:

## **Certificate/Major Applicable:**

Major Applicable Course

# **COURSE CONTENT**

## **Outcomes and Objectives:**

The primary objectives of this course is to provide knowledge and skills requried to develop a personalized Aquatic Training program. At the compeletion of this course the student will be able to do the following:

- 1. Identify the benefit of Aquatic Fitness.
- 2. Explain, demonstrate and understand physical and mental conditioning using water and dryland activities.
- 3. Evaluate physiological changes.
- 4. Demonstrate seven swim strokes.
- 5. Construct a daily training program.
- 6. Evaluate personal progress.

## **Topics and Scope:**

## A. OUTLINE OF TOPICS TO BE ADDRESSED IN THIS COURSE

- 1. Personal Safety
  - A. pool regulations
  - B. medical statement
  - C. lane etiquette
- 2. Principles of aquatic and training
  - A. frequency
  - B. intensity
  - C. time
  - D. known as F.I.T.
- 3. Benefits of swimming
  - A. body composition
  - B. cardiovascular change
  - C. flexibility
  - D. muscular endurance
  - E. muscular strength
- 4. Current Trends in Conditioning and Endurance
  - A. aerobic training

- B. anerobic training
- 5. Interval Training Variables
  - A. number of repeats
  - B. distance of each swim
  - C. rest interval between swim
- D. speed of each swim
- 6. Mental Discipline
  - A. set goals
  - B. make commitment
  - C. change workouts (variety)
- 7. Competency in Seven Strokes
  - A. freestyle stroke
  - B. back crawl
  - C. breaststroke
  - D. butterfly stroke
  - E. sidestroke
  - F. overarm sidestroke
  - G. elementary backstroke
- 8. Dryland Activities
  - A. jogging
  - B. stretching
  - C. resistive exercises
- 9. Designing Individualized Aquatic Fitness Program
  - A. interpret appraisal results
  - B. set realistic goals
  - C. establish a program based upon the FIT formula: (frequency, intensity, and time) for each physical fitness component
  - D. establish the importance of daily records keeping
  - E. re assess and modify program

## 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, 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 non-computational problem solving skills.

Writing 0 - 0%

Problem solving	
0 - 0%	

None

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

Class performances, Performance exams

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

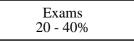
Multiple choice, True/false, SHORT ANSWERS

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

ATTENDANCE

## **Representative Textbooks and Materials:**

Skill Demonstrations
20 - 40%



Other Category 40 - 60%