

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 | | Nbr of Weeks | Course Hours Total | |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| 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: | Area | | | Effective: | Inactive: |
| CSU GE: | Transfer Area | | | Effective: | Inactive: |
| IGETC: | Transfer Area | | | 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 requiered 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.

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 Demonstrations
20 - 40%

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

Multiple choice, True/false, SHORT ANSWERS

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: