

CATALOG INFORMATION

Dept and Nbr: PHYED 13.1 Title: AQUATIC FITNESS
Full Title: 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	6	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 1.1

Catalog Description:
Progressive program in swimming presented as a carry over activity in later adult life

Prerequisites/Corequisites:

Recommended Preparation:
Course Completion of KAQUA 1.2 (or PHYED 12.2 or PE 2.3 or PE 101.2)

Limits on Enrollment:

Schedule of Classes Information:
Description: Progressive program in swimming & conditioning. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Course Completion of KAQUA 1.2 (or PHYED 12.2 or PE 2.3 or PE 101.2)
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: **Area**
CSU GE: **Transfer Area**

Effective: Inactive:
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:

AT THE COMPLETION OF THIS COURSE THE STUDENT WILL BE ABLE TO DO THE FOLLOWING:

1. Analyze how aquatic training related components contribute to general health and wellness.
2. Identify the potential risks as well as the benefits associated with exercise.
3. Identify physiological benefits relating to body composition, circumferences, and circulatory changes.
4. Participate in a variety of correctly performed activities designed to improve physical fitness level.
5. Demonstrate swim strokes efficiency through proper techniques.
6. Develop a swimmer's log.
7. Analyze and use aerobic and anerobic interval training.

Topics and Scope:

A. OUTLINE OF TOPICS TO BE ADDRESSED IN THE COURSE

- I. Emergency plan and procedures
 - A. Personal safety and pool regulations
 - 1) diving rules
 - 2) traffic patterns/lane etiquette
- II. Benefits of Aquatic Fitness
 - A. Physiological improvement
 - 1) Body composition-changes
 - 2) cardiovascular changes
 - 3) improved flexibility
 - 4) muscular and skeletal strength
- III. Review of Basic Swim Strokes
 - A. Front Crawl stroke, or freestyle
 - 1) body position
 - 2) arm recovery and breathing
 - 3) underwater arm stroke
 - 4) flutter kick
 - a) 1 beat 6 beat 6 beat

B. Back Crawl Stroke

- 1) body position
- 2) arm recovery and breathing
- 3) under water arm stroke
- 4) timing of arm and kick
 - a) six-beat kick

C. Breaststroke

- 1) arm stroke/plus pull down
- 2) timing of arm and legs
- 3) kick

4. breathing and body position

D. Butterfly Stroke

1. under water arm stroke
2. arm recovery and breathing
3. dolphin kick
4. timing of arm and legs

E. Side Stroke

1. body position and breathing
2. arm stroke and timing of arms and legs
3. scissors kick
 - a) inverted

F. Elementary Backstroke

1. body position
2. recovery and arm stroke
3. kick inverted breaststroke
4. timing of arms and legs

IV. Turns

A. Front Crawl Flip/or somersault

1. arms
2. body
3. legs

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.	
ATTENDNACE	Other Category 40 - 60%

Representative Textbooks and Materials: