

**PHYED 17 Course Outline as of Fall 2005****CATALOG INFORMATION**

Dept and Nbr: PHYED 17 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	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: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 61

**Catalog Description:**

Deep water running and exercises for improving fitness, cross training, water safety, and rehabilitation. Workout composition, proper body mechanics, aquatics rehabilitation skills, and water safety skills will be presented.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of KAQUA 1.1 ( or PHYED 12.1 or PE 2.2 or PE 101.1)

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

Description: Deep water running and exercises for improving fitness, cross training, water safety, and rehabilitation. Workout composition, proper body mechanics, aquatic rehabilitation skills, and water safety skills will be presented. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KAQUA 1.1 ( or PHYED 12.1 or PE 2.2 or PE 101.1)

Limits on Enrollment:

Transfer Credit: CSU;UC.  
Repeatability: 4 Enrollments Total

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

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2000	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 2000	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

- I. Improve physical fitness through progressive resistance training and Aerobic water exercise.
- II. Demonstrate an understanding of proper workout composition and learn to develop personalized aquatic fitness conditioning program.
- III. Demonstrate proper body mechanics with a focus on posture and body core stabilization.
- IV. Practice various aquatic rehabilitation techniques.
- V. Acquire deep water safety skills.

### **Topics and Scope:**

- I. Deep water safety skills
  - A. Treading water with and without buoyancy equipment
  - B. Exercising with clothing and disrobing
  - 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, body alignment during exercise
  - B. Train the body, musculature in optimum posture
  - C. Purpose of abdominal and spinal muscles
  - D. Utilizing 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:

### 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 ANSWER

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:**