

CATALOG INFORMATION

Dept and Nbr: PHYED 16 Title: AQUATIC CALISTHENICS
Full Title: Aquatic Calisthenics
Last Reviewed: 3/9/2020

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	3	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 4

Catalog Description:
Water exercise taking advantage of water pressure, water resistance and buoyancy.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Water exercise taking advantage of water pressure, water resistance and buoyancy.
(Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Enrollments Total

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 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

The primary objective of this course is to provide students with the knowledge and skills that will help them make lifetime fitness a part of their life style. At the completion of this course the student will have the opportunity to:

1. Evaluate the benefits of water exercise.
2. Analyze cardiorespiratory conditioning and endurance.
3. Compare water resistance exercise.
4. Design a personal exercise program.

Topics and Scope:

- I. Repetitive exercise to improve strength, endurance, flexibility and body composition.
 - A. Exercises for muscle groups of the
 1. Arms, shoulders, chest and back
 2. Waist, abdominals, lower back
 3. Hips, thighs, legs
- II. Cardiovascular Activities
 1. Walk, jog, run, leap, hop skip, slide
 2. Deep water exercise
 3. Rhythmic calisthenics
- III. Personal Fitness
 - A. Fitness components:
 1. Intensity, frequency, duration
 2. Work-out formula - warm-up - work load - cool down
 3. Stair-step progression (overload-adaptation)
 4. Heart rate in relation to exercise target zone

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

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 EXAMS

Skill Demonstrations
20 - 40%

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

True/false

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: