

**PHYED 16 Course Outline as of Fall 2011****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	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 4

**Catalog Description:**

Resistance training in the water. This class will include a variety of water exercises taking advantage of water pressure, water resistance and buoyancy.

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

Course Completion of PHYED 12.1

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

Description: Resistance training in the water. This class will include a variety of water exercises taking advantage of water pressure, water resistance and buoyancy. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of PHYED 12.1

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

## **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:

<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, the student will be able to:

1. Understand the benefits of water exercise
2. Evaluate and improve cardiorespiratory conditioning and endurance.
3. Demonstrate water resistance exercises.
4. Develop a personal aquatic exercise program based on current fitness level and goals.
5. Demonstrated understanding of standard water safety procedures and guidelines.
6. Use standard pool rescue equipment.
7. Repeating students must demonstrate increased depth and breadth of advanced skills with new learning objectives.

### **Topics and Scope:**

- I. Repetitive exercise to improve strength, endurance, flexibility and body composition.
  - A. Upper body
  - B. Lower body
  - C. Core
- II. Cardiovascular activities
  - A. Walk, jog, run, leap, hop, skip and slide
  - B. Deep water exercise
  - C. Rhythmic calisthenics
- III. Personal fitness components
  - A. Intensity, frequency, duration
  - B. Workout formula (warm up, workload, cool down)
  - C. Stair/step progression
  - D. Heart rate in relation to exercise target zone
- IV. Personalizing your workout
- V. Repeating students must demonstrate increased depth and breadth of advanced skills with new learning objectives.

### **Assignment:**

1. Execute aquatic calisthenic exercises
2. Fitness assessment such as pre and post-testing
3. Cardio/respiratory conditioning, muscular strength and endurance, and/or flexibility exercises
4. Exercise 1 hour per week per unit in addition to regularly scheduled class meetings
5. 1-3 quizzes
6. Exercise heart rate calculation
7. Repeating students must demonstrate increased depth and breadth of advanced skills with new learning objectives

### 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.

Aquatic calisthenic exercises, fitness assessment, cardio/respiratory conditioning, and heart rate calculation

Skill Demonstrations  
20 - 40%

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

1-3 quizzes

Exams  
20 - 40%

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

Participation and attendance

Other Category  
40 - 60%

### Representative Textbooks and Materials:

Instructor prepared materials