

PHDA 21B: MODIFIED WATER EXERCISE

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2025
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 71X.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area 7: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Students will be able to identify three of the primary components of fitness.
- Students will be able to identify and discuss how this class has improved level of fitness, health and well being.

Description

Group and/or individual water exercise program to increase muscular strength and endurance, flexibility, cardiovascular endurance, balance and coordination, and relaxation, as appropriate.

Course Objectives

The student will be able to:

1. Develop an individualized aquatic exercise program appropriate for the individual needs and goals
2. Identify and describe the components of a comprehensive aquatic exercise program, as it relates to the Student Educational Contract
3. Identify and demonstrate proper body mechanics when participating in an aquatic exercise program
4. Demonstrate measurable progress in improvement of physical fitness levels, including but not limited to cardiovascular endurance, muscular endurance, and flexibility

Course Content

1. Development of individualized aquatic exercise program
 - a. Components of aquatic exercise program
 - i. Flexibility
 - ii. Gross motor skills
 - iii. Cardiovascular endurance
 - iv. Muscular strength and endurance
 - v. Balance and coordination
 - b. Application to individual abilities

2. Body mechanics
 - a. Utilization of equipment
 - b. Proper breathing technique
 - c. Body position
3. Equipment
 - a. Kickboards
 - b. Hand paddles
 - c. Flotation devices
 - d. Bottles
 - e. Marketed vs. home-made equipment

Lab Content

1. Exploration of water
2. Breath holding
3. Bobbing
4. Opening eyes under water
5. Floating
6. Prone glide
7. Back float
8. Leveling off
9. Mental aspects for first time swimmers

Special Facilities and/or Equipment

Swimming pool.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Pre- and post-activity measurements
Written self-evaluation
Measurable progress on SEC
Oral or written tests/quizzes

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Laboratory
Demonstration
Discussion
Cooperative learning exercises

Representative Text(s) and Other Materials

Handouts provided by instructor, as needed.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Optional reading and writing assignments as recommended by instructor

Discipline(s)

Physical Education (Adapted): Disabled Student Programs and Services