

# PHED 11A: WATER EXERCISE

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Aquatic family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

## Student Learning Outcomes

- A successful student will be able to demonstrate the water exercise skills of running, cycling, cross country skiing, rock-climbing as well as flutter-kicking, frog-kicking, scissor-kicking and a series of abdominal/core-strengthening exercises, using hand buoys and a flotation belt.
- Demonstrate improvement in cardiovascular endurance by ability to gradually increase effort and duration of participation

## Description

A unique non-impact form of aquatic exercise to improve cardiovascular endurance, muscular strength, endurance, and flexibility while wearing a flotation belt to maintain an upright position in deep water.

## Course Objectives

The student will be able to:

- Develop skills in deep water exercise
- Practice exercise techniques for increased muscle tone
- Demonstrate improvement in flexibility
- Demonstrate improvement in cardiovascular endurance
- Understand the benefits of deep water in rehabilitating injuries or other debilitating physical conditions and show improvement
- Appreciate that aquatic exercise is enjoyed by diverse cultures around the world and is appropriate for a wide range of abilities and ages

## Course Content

- Deep water skills
  - Running
  - Cycling
  - Cross country ski movements
  - Stretching
- Exercise techniques
  - Kicks
  - Arm variations
  - Skill movement

- Flexibility training
  - Water stretching
  - Land warm-ups
- Water rehabilitation
  - Guarding movement
  - Safety guidelines
- Water workout programs
  - Age and disability guidelines
  - Cultural variations

## Lab Content

- Deep water skills
- Exercise techniques
- Flexibility training
- Water rehabilitation
- Water workout programs

## Special Facilities and/or Equipment

- Pool with minimum depth of five to six feet.
- Flotation device.
- Hand buoys for resistance.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access. Students may need to secure their own access to equipment specific to the sport.

## Method(s) of Evaluation

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

Active participation  
 Demonstration of improvements in cardiovascular endurance, flexibility, muscular strength, and endurance, through the use of standardized tests

## Method(s) of Instruction

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

Cooperative learning exercises  
 Laboratory  
 Demonstration

## Representative Text(s) and Other Materials

Layne, Melissa. *Water Exercise, 1st ed.* 2015.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

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

- Optional reading and writing assignments as recommended by instructor

## **Discipline(s)**

Physical Education