

PHED 11A: WATER EXERCISE

Foothill College Course Outline of Record

Heading	Value
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

Method(s) of Evaluation

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

Method(s) of Instruction

- Cooperative learning exercises
- Laboratory
- Demonstration

Representative Text(s) and Other Materials

Layne, Melissa. *Water Exercise*. 1st ed. Human Kinetics, May 4, 2015.

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