

# PHED 11B: AQUATIC FITNESS

## Foothill College Course Outline of Record

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

## Student Learning Outcomes

- Identify the basic training principles of cardiovascular exercise
- Describe the physiological benefits of regular aerobic water exercise

## Description

An aerobic water fitness program applying the basic principles of exercise and dynamics of water movement.

## Course Objectives

The student will be able to:

- apply the basic principles of cardiovascular exercise.
- practice water dynamics.
- calculate exercise heart rate range and monitor pulse rate during exercise and recovery phase.
- recognize basic physiological benefits of regular aerobics water workouts.
- identify signs and symptoms of water aerobics training intolerance.

## Course Content

- Training principles of cardiovascular exercise
  - Intensity
  - Duration
  - Frequency
  - Warm-up
  - Cool down
- Water dynamics
  - Propulsion
  - Treading
  - Resistance
- Physiological benefits
  - Muscular strengths
  - Cardiovascular fitness
  - Muscular endurance
  - Flexibility
  - Body composition
- Symptoms of exercise intolerance
  - Muscular strength
  - Cardiovascular fitness
  - Muscular endurance
  - Flexibility

- Body composition

## Lab Content

- Training principles of cardiovascular exercise
- Water dynamics
- Physiological benefits
- Symptoms of exercise intolerance

## Special Facilities and/or Equipment

Swimming pool.

## Method(s) of Evaluation

- Tests of aquatic proficiency
- Physical skills and techniques will be assessed by direct instructor observation
- Written final examination will test knowledge of:
  - Training principles of water exercise
  - Formulation of personal water workouts
  - Beneficial effects of water workouts

## Method(s) of Instruction

- Discussion
- Oral presentations
- 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 by instructor.

## Discipline(s)

Physical Education