

# PHED 11B: AQUATIC FITNESS

## 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

- 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

- Access to swimming pool.
- 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:

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

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

Discussion

Oral presentations

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 by instructor

## Discipline(s)

Physical Education