

PHED 404: PRINCIPLES OF AQUATIC EXERCISE FOR THE OLDER ADULT

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2021
Units:	0
Hours:	3 laboratory per week (36 total per quarter)
Degree & Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Student Learning Outcomes

- Demonstrate proper technique and form while participating in a variety of aquatic exercises.
- Discuss, explain and compare the benefits of participating in aquatic exercise program versus a land exercise program..

Description

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity through engaging in a safe and appropriate aquatic exercise program. The physical and mental changes that occur later in life will be addressed.

Course Objectives

The student will be able to:

1. Identify and describe the components of a comprehensive water exercise program.
2. Demonstrate the proper technique and body mechanics while participating in a water exercise program.
3. Recognize the benefits of exercising in the water.
4. Recognize the benefits of lifelong participation in water exercise.

Course Content

1. Components of a comprehensive water exercise program
 - a. Cardiovascular endurance
 - b. Muscular strength and endurance
 - c. Flexibility
 - d. Balance and coordination
2. Demonstration of proper technique and body mechanics
 - a. Proper form
 - b. Posture
 - c. Breathing technique
 - d. Joint range of motion
 - e. Buoyancy

3. Benefits of exercising in the water
 - a. Low impact fitness
 - b. Buoyancy
 - c. Resistance
 - d. Heart rate
 - e. Injury rehabilitation and prevention
4. Benefits of lifelong participation in water exercise
 - a. Improved functional movement and mobility
 - b. Decrease in depression, anxiety and stress
 - c. Increase in energy and stamina
 - d. Improved self image, body image and confidence
 - e. Improved mental acuity
 - f. Improved sense of well being
 - g. Increased independence in daily living activities

Lab Content

During the periods of instruction the student will:

1. Demonstrate proper warm up activities.
2. Demonstrate skill by performing each exercise with awareness and the application of proper technique.

Special Facilities and/or Equipment

Accessible pool with shallow end, aqua bells, kick boards, noodles, etc.

Method(s) of Evaluation

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

- Pre- and post-activity measurements
- Self evaluation

Method(s) of Instruction

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

Instructor discussion, demonstration and interaction

Representative Text(s) and Other Materials

Instructor prepared materials

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