

# 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

- A successful student will be able to identify and explain how the various components of the class contributes to their general health and wellness.
- A successful student will be able to demonstrate the proper technique and form of the exercises required for the class.

## 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