

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE-I 173X4
Course Title: Water Aerobics
Units: 1
Lecture: None
Lab: 3 hours

B. Course and Catalog Description:

This course is designed to introduce basic fitness concepts as well as basic movement and exercise. Students will develop strength, flexibility, movement memory, balance, coordination, and cardiovascular fitness within a shallow water aerobic format.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four

III. EXPECTED OUTCOMES FOR STUDENTS:

- A. On successful completion of level one of the course, the student should be able to:
1. Demonstrate beginning level flexibility, muscular strength, and cardiovascular fitness
 2. Demonstrate a beginning level understanding of exercise, body alignment, and coordination
- B. On successful completion of level two of this course, the student should be able to:
1. Demonstrate low intermediate level flexibility, muscular strength, and cardiovascular fitness
 2. Demonstrate low intermediate level understanding of exercise, body alignment, and coordination
 3. Compare and contrast water aerobics and low impact studio aerobics
- C. On successful completion of level three of this course, the student should be able to:
1. Demonstrate high intermediate level flexibility, muscular strength, and cardiovascular fitness
 2. Demonstrate a high intermediate level understanding of exercise, body alignment, and coordination
 3. Demonstrate an awareness of aerobic safety precautions relative to start up guidelines, excessive training indicators, and basic pool safety
 4. Design a beginning water aerobics workout
- D. On successful completion of level four of this course, the student should be able to:
1. Demonstrate advanced level flexibility, muscular strength, and cardiovascular fitness
 2. Demonstrate an advanced level understanding of exercise, body alignment, and coordination
 3. Design a personal exercise program applying the principles of muscle strength, endurance, flexibility, and cardiovascular endurance
 4. Design and lead a low intermediate water aerobics workout

IV. CONTENT:

- A. Class requirements and procedures
B. Class objectives and personal goal setting
C. Cardiovascular monitoring
1. Heart rate monitoring methods
 2. Training thresholds
- D. Safety procedures and injury prevention

1. Precautions
2. Warning signs
- E. Warm-up procedures
- F. Cardiovascular fitness development using shallow water aerobic movement patterns
- G. Basic motor skills and motor memory combinations for increasing skill level and duration
- H. Introduction of body composition, proper diet, and relaxation techniques for overall health
- I. Progression of aerobic movement combinations for increasing fitness level and duration

V. METHODS OF INSTRUCTION:

- A. Demonstration
- B. Lectures
- C. Discussions
- D. Participation

VI. TYPICAL ASSIGNMENTS:

- A. Write a paper identifying two goals you have for this course
- B. Read and critique an article entitled "Water Aerobics for Fun and Health"
- C. Take a 25 point partner-graded quiz on aerobic fitness. Evaluate results with partner.

VII. EVALUATION:

- A. Methods of evaluation
 1. Methods of evaluation for first semester students
 - a. Beginning level skills and fitness test
 - b. Written assignment on cardiovascular fitness
 - c. Written final exam
 2. Methods of evaluation for second semester students
 - a. Low intermediate level skills and fitness test
 - b. Written assignment on the differences between water aerobics and low impact studio aerobics
 - c. Written final exam
 3. Methods of evaluation for third semester students
 - a. High intermediate level skills and fitness test
 - b. Written assignment to design a basic water aerobics fitness routine
 - c. Written final exam
 4. Methods of evaluation for fourth semester students
 - a. Advanced level skills and fitness test
 - b. Written assignment to design a low intermediate level water aerobics fitness routine
 - c. Written final exam
- B. Frequency of Evaluation:
 1. Skill testing and writing assignment every 3-4 weeks
 2. Final exam at end of semester
- C. Typical exam question:
 1. Compare and contrast aerobic movement combinations
 2. Compare and contrast water aerobics and low impact studio aerobics
 3. Identify three warning signs of stress fracture

VIII. TYPICAL TEXT(S):

Berle, A. Lynn, Water Aerobics, (2nd edition), Kendall/Hunt Publishing Co., 1996.
Huey, Lynda and Forster, Robert, The Complete Waterpower Book: Programs for Fitness, Injury Prevention, and Healing, Random House, 1993.

San Bernardino Valley College
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IX. OTHER SUPPLIES REQUIRED OF STUDENTS: swimsuit