

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 54 - Aquatics

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course improves cardiorespiratory endurance, muscular strength, and flexibility through aquatic exercise. Students will learn different aquatic strokes, movements, and water safety while increasing their fitness level and improving muscle tone. The course will be modified for each student to ensure safety based on their experience level.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. describe the benefits of aquatic exercise for all experience and fitness levels.
- B. identify and perform various aquatic strokes.
- C. analyze the physiological changes influenced by swimming exercises.
- D. develop a personal fitness program specific to aquatic exercise.
- E. demonstrate improved endurance, strength, and flexibility.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction and Class Safety	1.00
2. Warm up Routines	1.00
3. Strength Exercises	1.00
4. Treading Water and Eggbeater Kick	2.00
5. Concepts of Swimming for Fitness	2.00
6. Aquatic Kicks	1.00
7. Freestyle Stroke	2.00
8. Back Stroke	2.00
9. Breast Stroke	2.00
10. Butterfly Stroke	1.00
11. Water Aerobics	2.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction and Class Safety	2.00
2. Warm up Routines	3.00
3. Strength Exercises	3.00
4. Treading Water and Eggbeater Kick	2.00

5.	Concepts of Swimming for Fitness	2.00
6.	Aquatic Kicks	3.00
7.	Freestyle Stroke	4.00
8.	Back Stroke	4.00
9.	Breast Stroke	4.00
10.	Butterfly Stroke	4.00
11.	Water Aerobics	3.00
	Total Hours	34.00

IV. **METHODS OF INSTRUCTION**

- A. Lecture
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Discussion
- D. Demonstrations
- E. Multimedia Presentations

V. **METHODS OF EVALUATION**

- A. Projects
- B. Homework
- C. Class participation
- D. Written Examinations
- E. Written or Oral Examinations
- F. Practical Evaluations

VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
 - 1. Read an article describing equipment used in aquatic exercises and the benefit of using such equipment. Be prepared to identify equipment in class and explain its use.
 - 2. Research the physical health benefits of swimming and other aquatic exercises. Plan to discuss your personal health goals in small groups.
- B. Writing Assignments
 - 1. Write a brief paper on aquatic safety and how to prevent accidents and injuries.
 - 2. Design a personal fitness program for an athlete with an injury that would benefit from aquatic exercises.
- C. Out-of-Class Assignments
 - 1. Visit a local fitness center and observe the aquatic equipment and proper techniques used in classes and be prepared to discuss in class.
 - 2. Interview a competitive swimming athlete and ask him or her to describe the benefits experienced through competition. Please address time commitment, nutritional factors, and overall experience in a two page short write.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. The students will be required to provide:
 - a. Appropriate water attire
- B. Other materials and/or equipment will be provided by the department.

Created/Revised by: Mario Vela
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