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Course Outline for KIN AQJD
AQUA JOGGING - DEEP WATER
Effective: Spring 2009

I. CATALOG DESCRIPTION:

KIN AQJD — AQUA JOGGING - DEEP WATER — 0.50 - 2.00 units

Students will participate in a conditioning program in the deep water of a pool. A variety of low impact movements, centered on jogging, will be performed while utilizing an Aqua Jogger buoyancy belt. Students will improve cardiorespiratory endurance, muscle endurance/strength and flexibility. Students must feel comfortable in the water.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Participate in the activities of this fitness class;
- B. Describe the unique characteristics of water including buoyancy, inertia, action/reaction, and drag;
- C. Identify deep water depth;
- D. Adjust and yield to buoyancy equipment;
- E. Perform fundamental skills including sculling and good body position;
- F. Practice basic movements in deep water including jogging, kicking, and scissors;
- G. Vary their surface area, speed, and size of movement to take advantage of the characteristics of water;
- H. Utilize aquatic equipment including buoyancy belts, aqua gloves, and water noodles appropriately;
 - I. Modify his/her exercise intensity as appropriate;
- J. Complete all assignments in a professional and timely manner;
- K. Improve his/her fitness level;
- L. Describe the benefits of exercise and its importance to a healthy lifestyle.

V. CONTENT:

- A. Characteristics of water and the technical differences between land and water
 - 1. Resistance
 - 2. Balance
 - 3. Inertia, Surface Area and Drag
 - 4. Gravity and Buoyancy
 - 5. Speed, Action/Reaction
 - 6. Force
 - 7. Leverage, Surface Area
- B. Physiological Differences between exercising on land and in water
 - 1. hydrostatic pressure on body
 - 2. buoyancy reduces impact
 - 3. modifying exercising intensity
 - 4. thermoregulation
 - 5. monitoring exercise intensity and heart rate
- C. Components of an aquatic workout
 - 1. buoyancy warm-up
 - 2. cardio warm-up
 - 3. aerobic segment
 - 4. aerobic cool down
 - 5. muscular conditioning
 - 6. stretching / warm-down
- D. Safety skills
 - 1. recovery to vertical/upright
 - 2. travel to side of pool
 - 3. awareness of surroundings

- E. Basic lower body movements
 - 1. extension and downward movements
 - 2. jogging
 - 3. kicking
 - 4. scissors
- F. Basic upper body movements
 - 1. balance and sculling
 - 2. traveling
 - 3. push and pull
 - 4. resistance
 - 5. lever length
- G. Synergize and balance movements
 - 1. work same arm/leg.
 - 2. work opposite arm/leg
 - 3. correction of movements to support synergy and balance
- H. Working positions
 - 1. suspended (buoyant)
- I. Workout types
 - 1. basic
 - 2. deep water jogging
 - 3. interval training
- J. Aquatic equipment
 - 1. buoyancy belts
 - 2. webbed gloves
 - 3. noodles
 - 4. kickboards
 - 5. fit and adjustments
 - 6. goals
- K. Techniques to assess exercise intensity
 - 1. Ratings of Perceived Exertion (RPE)
- L. "Talk Test"
- M. How to modify exercise intensity
 - 1. Importance of working at one's own pace
- N. Benefits of Exercise and its importance to a healthy lifestyle
 - 1. Benefits of cardiovascular endurance
- O. Benefits of muscular strength and endurance
- P. Benefits of flexibility
- Q. Benefits of a healthy body composition

VI. METHODS OF INSTRUCTION:

- A. Verbal explanation of jogging technique
- B. Visual and physical demonstration
- C. Verbal and visual cueing
- D. Handouts
- E. Individual, small group and entire class drills and activities
- F. Class discussions
- G. Practice of technique with student participation

VII. TYPICAL ASSIGNMENTS:

- A. Read hand-out on exercise intensity and Ratings of Perceived Exertion (RPE) 1. Student identifies his/her appropriate RPE
- B. Students perform a progression of movements while suspended with a buoyancy belt in the deep water: 1. jogging 2. bicycling 3. bicycling with travel 4. bicycling with travel against current

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Class Participation
- 3. Class Performance
- 4. Other:
 - a. Methods
 - 1. Daily evaluation of student's progress/participation level by instructor
 - 2. Student participation
 - a. Effort demonstrated
 - b. Participation is evaluated daily
 - 3. Performance of proper technique
 - a. proper posture
 - b. proper working position and body movement
 - 4. Completion of assignments/handouts in a timely manner
 - a. For Example: Rating of Perceived Exertion calculation

B. **Frequency**

- 1. Frequency
 - a. Daily evaluation of student's progress/participation level by instructor
 - b. Midterm and Final examination

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will provide their own bathing suit, towel and water bottle for class participation.