Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN AQA

AQUA AEROBICS

Effective: Spring 2009

I. CATALOG DESCRIPTION:
KIN AQA — AQUA AEROBICS — 0.50 - 2.00 units

Student will participate in a variety of upright exercises in the shallow and deep water of a pool. Water specific movements, which take advantage of the unique characteristics of water, will help students improve cardiorespiratory endurance, muscle endurance/strength, flexibility and body composition, while minimizing impact on the body. Students need not be swimmers to participate in this class; however 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. Regularly participate in the activities of this fitness class;
B. Describe the unique characteristics of water including buoyancy, inertia, action/reaction, and drag;
C. Identify shallow, transitional, and deep water depths;
D. Perform fundamental skills including sculling, recovery to stand, athletic stance, and good body position;
E. Practice basic movements including walking, jogging, kicking, jumping, rocking, and scissors in the water;
F. Vary their surface area, speed, working position, and size of movement to take advantage of the characteristics of water;
G. Utilize aquatic equipment including aqua gloves, buoyancy belts, and water noodles appropriately;
H. Be able to modify his/her exercise intensity as appropriate;
I. Complete all assignments in a professional and timely manner;
J. Improve his/her fitness level;
K. 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. Basic lower body movements
1. walking
2. jogging
3. kicking

4. jumping/leaping
5. rocking
6. scissors

E. Basic upper body movements
1. sculling
2. push and pull
3. resistance
4. lever length

F. Working positions
1. neutral
2. rebound
3. suspended (buoyant)

G. Workout types
1. basic
2. interval training
3. circuit cycles
4. water walking
5. deep water jogging

H. Aquatic equipment
1. webbed gloves
2. buoyancy belts
3. aquatic shoes
4. noodles
5. kickboards
6. fit and adjustments
7. goals

I. Techniques to assess exercise intensity
1. Ratings of Perceived Exertion (RPE)
2. “Talk Test”

J. How to modify exercise intensity
1. Importance of working at one’s own pace

K. Benefits of Exercise and its importance to a healthy lifestyle
1. Benefits of cardiovascular endurance
2. Benefits of muscular strength and endurance
3. Benefits of flexibility
4. Benefits of a healthy body compos

VI. METHODS OF INSTRUCTION:
A. Lecture and verbal explanation
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 techniques 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 basic movement within three different states of buoyancy 1. XC ski movement in neutral 2. XC ski movement in rebound 3. XC ski movement in suspended

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. Swim Suit, hand or leg buoys, or Styrofoam noodles.