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Course Outline for KIN AQJD

AQUA JOGGING - DEEP WATER

Effective: Spring 2017

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

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.