KIN A130: AQUA FITNESS

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	.5-1.5 Total Units
Hours	18-54 Total Hours (Lecture Hours 4.5-13.5; Lab Hours 13.5-40.5)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

A course designed to improve physical fitness through an in-water, flotation- assisted workout which is designed to increase flexibility, muscle tone, aerobic conditioning, and physical rehabilitation. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Design a workout program based on exercises used in class.
2. Properly perform exercises safely.
3. Evaluate performance through heart rate and exercise intensity.

Course Objectives

- 1. Improve cardiovascular fitness, agility, flexibility, strength. Measurement and record keeping.
- 2. Demonstrate knowledge pertaining to physical fitness and body control in written quizzes.
- 3. Develop a personal exercise and body control program.
- 4. Improve weight control and body composition.
- 5. Demonstrate tension releasing and relaxation techniques.
- 6. Measure heart rate and determine exercise intensity.

Lecture Content

I. Introduction/orientation Basics of buoyancy Flotation fitting Resistance theory Measuring heart rate II. Pre-assessment Physical fitness Agility and water tread test Body composition Warm-up, basic exercises III. Presentation of exercises and routines adapted for performance in the water Mountain climbing, in-place running IV. Discussion on nutrition/dieting, physical fitness Stomach, legs, knees, and back V. Development of individual exercise and body control programs Scissor kicks, x-country ski exercise, double parallel thrusts VI. Individual assessment/goal setting, maintaining individual records Warm-up, aerobics, individual/specialized muscle work, cool down Additional lecture/lab material: speed + resistance = intensity, hydrostatic pressure, circuit training, posture control, vertical placements

Lab Content

see course content

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture, lab, demonstration, and monitoring of individual progress

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic. Assigned from selected handouts

Writing Assignments

Demonstration of Circuit Training Routine to include as a minimum for each student but not limited to: Stationary aerobic (minimum 1 minute), X-Country Ski (minimum 1 minute); muscle strength, punch downs (minimum 1 minute), rock climber (minimum 1 minute), double knee crunch (minimum 1 minute), tread water (minimum 5 minutes). Assessment of pre- and post completion results. Proficiency demonstration: B* C* D* Stationary Aerobic min. 2 minutes min. 3 minutes min. 4 minutes Cross Country Ski " " " Muscle Strength " " " Rock Climber " " " Double Knee Crunch " " " Tread Water min. 8 minutes min. 10 minutes min. 12 minutes *each exercise must be performed within the target heart rate zone (65%-85% of maximum heart rate).

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings. Individual progress/goal achievement

Demonstration of Critical Thinking

written test

Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration: B* C* D* Stationary Aerobic min. 2 minutes min. 3 minutes min. 4 minutes Cross Country Ski " " " Muscle Strength " " " Rock Climber " " " Double Knee Crunch " " " Tread Water min. 8 minutes min. 10 minutes min. 12 minutes *each exercise must be performed within the target heart rate zone (65%-85% of maximum heart rate).

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance,

physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Selected handout materials to be provided and distributed by the instructor