



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 245

**Descriptive Title:** Water Aerobics

**Course Disciplines:** Physical Education

**Division:** Health Sciences and Athletics

**Catalog Description:** This course provides instruction on aerobic conditioning done in water. Emphasis is placed on cardiorespiratory endurance, flexibility, muscular strength, and endurance.

**Conditions of Enrollment:** *You have no defined prerequisites.*

**Course Length:**  Full Term  Other (Specify number of weeks):

**Hours Lecture:** 0 hours per week  TBA

**Hours Laboratory:** 3.00 hours per week  TBA

**Course Units:** 1.00

**Grading Method:** Letter

**Credit Status:** Associate Degree Credit

**Transfer CSU:**  Effective Date: Prior to July 1992

**Transfer UC:**  Effective Date: Spring 1994

**General Education:**

**El Camino College:** 5 – Health and Physical Education

Term:

Other:

**CSU GE:**

**IGETC:**

### II. OUTCOMES AND OBJECTIVES

**A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)**

1. Students will demonstrate improvements in cardiovascular fitness.
2. Students will demonstrate improvements in flexibility.
3. Students will calculate and utilize exercise training heart rates to monitor exercise intensity.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

**B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)**

1. Identify safety hazards and practice safe procedures to avoid accidents associated with the pool.  
Class Performance
2. Compare and contrast the resistance of water to gravity when conducting exercises to increase muscular strength and endurance.  
Class Performance
3. Examine personal limitations when selecting correct speed, depth, and position when exercising in the water.  
Class Performance
4. Experiment with the hydrodynamic principles of water exercise and discover how each applies to the intensity of the workout session.  
Class Performance
5. Employ proper techniques when using a variety of flotation devices while doing shallow water exercises.  
Class Performance
6. Explain correct body mechanics while using a variety of resistance equipment in shallow water activities.  
Class Performance
7. Compare and contrast the personal fitness profile at the beginning and end of the term and then evaluate the changes in light of training frequency, duration and intensity.  
Class Performance

**III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)**

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	1	I	Safety in and around the pool
Lab	1	II	Comparison of training done in the water to that performed on land
Lab	1	III	Muscle pair identification
Lab	1	IV	Personalizing the water training
Lab	4	V	Hydrodynamics of water exercise
Lab	2	VI	Pre-testing fitness fundamentals
Lab	6	VII	Training in shallow water without equipment
Lab	6	VIII	Training in shallow water with flotation devices
Lab	6	IX	Training in shallow water with resistance equipment

Lab	6	X	Training in deep water
Lab	4	XI	Aquatic kickboxing techniques
Lab	3	XII	Partner events and relay races
Lab	2	XIII	All water triathlon event and varieties
Lab	8	XIV	Circuit training
Lab	2	XV	Post-testing fundamentals of fitness
Lab	1	XVI	Evaluating the change in measurements
<b>Total Lecture Hours</b>		0	
<b>Total Laboratory Hours</b>		54	
<b>Total Hours</b>		54	

#### IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

##### A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

##### B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Complete an all-water triathlon consisting of 100 yards running in shallow water, 100 yards swimming with a flotation belt in deep water, followed by 100 yards of deep water running.

##### C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Analyze your muscular strength and endurance to determine the correct number of repetitions at each station when performing the circuit training workout. Record your findings in your log book.
2. In written form, compare and contrast pre- and post-test measurements and evaluate the changes.

##### D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Other exams

Laboratory reports

Class Performance

Homework Problems

Multiple Choice

Completion

Matching Items

True/False

**V. INSTRUCTIONAL METHODS**

- Demonstration
- Lecture
- Multimedia presentations
- Other (please specify)
  - Skill practices and workouts

**Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.**

**VI. WORK OUTSIDE OF CLASS**

Study

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Other (specify)

Access online resources that support instruction in class and/or email contact from instructor.

**Estimated Independent Study Hours per Week:**

**VII. TEXTS AND MATERIALS**

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- B. ALTERNATIVE TEXTBOOKS
- C. REQUIRED SUPPLEMENTARY READINGS
- D. OTHER REQUIRED MATERIALS

**VIII. CONDITIONS OF ENROLLMENT**

**A. Requisites (Course and Non-Course Prerequisites and Corequisites)**

<b>Requisites</b>	<b>Category and Justification</b>
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**B. Requisite Skills**

<b>Requisite Skills</b>
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**C. Recommended Preparations (Course and Non-Course)**

<b>Recommended Preparation</b>	<b>Category and Justification</b>
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**D. Recommended Skills**

<b>Recommended Skills</b>
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**E. Enrollment Limitations**

<b>Enrollment Limitations and Category</b>	<b>Enrollment Limitations Impact</b>
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**Course created by Linda Delzeit on 09/01/1989.**

**BOARD APPROVAL DATE: 03/12/1990**

**LAST BOARD APPROVAL DATE:**

**Last Reviewed and/or Revised by Traci Granger on 09/10/2012**

20239