

DEREE COLLEGE SYLLABUS FOR:

PE 1008 WATER FITNESS
(Updated Spring 2009)
(Previously PE 1008 Aqua Aerobics)

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CATALOG

DESCRIPTION: A water exercise program aimed at improving several fitness components and helping in the prevention of injuries.
Graded on a P/F basis.

RATIONALE: Exercising in the water is perhaps one of the most physically soothing of workouts and is also very beneficial. In addition, aqua aerobics is almost an injury-free activity. In fact, students not able to exercise in the gym due to minor physical problems are usually able to exercise in the water.

OBJECTIVES:

1. Learn basic anatomy.
2. Increase aerobic and anaerobic fitness.
3. Improve body alignment.
4. Learn the basic exercises for aqua aerobics.
5. Understand individual exercise and what muscle groups it affects.
6. Increase strength, flexibility, coordination.

LEARNING

ACTIVITIES: Lectures, discussions, and demonstrations of exercises.

EVALUATION: The student will be given a written test and practical test in the water for level of proficiency.

REQUIRED MATERIAL: Swim suit & towel (It is strongly recommended that water (aqua) shoes be worn during classes).

CONTENT OUTLINE:

1. Anatomy
 - 1.1 Introduction to the skeleton and its functions
 - 1.2 Introduction to major muscle groups and their functions
 - 1.3 Basic first aid
2. Warm-Up
 - 2.1 Purpose
 - 2.2 Practical applications
3. Aerobic exercises
 - 3.1 Upper body
 - 3.2 Middle body
 - 3.3 Lower body
4. Deep water power workout
 - 4.1 Water running
 - 4.2 Water walking
5. Dance workout