

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** AQUA 135.1    **TITLE:** Aqua Exercise I  
**Semester Units/Hours:** 0.5 - 1.0 units; a minimum of 24.0 lab hours/semester; a maximum of 48.0 lab hours/semester  
**Method of Grading:** Grade Option (Letter Grade or P/NP)
  
2. **COURSE DESIGNATION:**  
**Degree Credit**  
**Transfer credit:** CSU; UC  
**AA/AS Degree Requirements:**  
    CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education  
**CSU GE:**  
    CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2
  
3. **COURSE DESCRIPTIONS:**  
**Catalog Description:**  
    A beginning level cardiovascular and resistance training class conducted in a low-impact aquatic environment. Instruction includes exercises designed to improve cardiovascular endurance, muscular strength, and flexibility. Students need not be competent swimmers to participate in class.
  
4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**  
    Upon successful completion of this course, a student will meet the following outcomes:
  1. Improve body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at a beginning level.
  2. Demonstrate knowledge of various exercises used in Aqua Exercise at a beginning level.
  
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
    Upon successful completion of this course, a student will be able to:  
**At a beginning level:**
  1. Perform dynamic resistance training exercises in a hydro-therapy environment.
  2. Perform cardiovascular activities in a hydro-therapy environment.
  3. Understand how to effectively train in a hydro-therapy environment.
  4. Understand target heart rate and how to achieve it training in a hydro-therapy environment.
  5. Understand cross-training benefits in a hydro-therapy environment.
  
6. **COURSE CONTENT:**  
**Lab Content:**  
**At a beginning level:**
  1. Introduction
    1. Review of safety and appropriate use of all equipment and exercises.
    2. Review and demonstration of techniques of all aspects of aquatic exercises.
    3. Review of Aqua "Ex" terminology and fitness concepts
  2. Aerobic Exercises
    1. Rhythmic calisthenics
    2. Aqua Jogging
    3. Jog, run, walk, skip, hop
  3. Anaerobic Exercises
    1. Upper body exercises
    2. Lower body exercises
    3. Core body exercises
    4. Target Heart rate
    5. Aqua sprints
  4. Flexibility and Agility Exercises
    1. Multi-joint stretches
    2. Single joint stretches
    3. Dynamic stretching
    4. Static stretching

- 5. Progressive stretching
- 5. Concepts of Aqua Exercise
  - 1. Aerobic vs. Anaerobic
  - 2. Muscular strength vs. muscular endurance
  - 3. Flexibility and agility
  - 4. Water safety
  - 5. Progressive overload
- 6. Fitness Concepts
  - 1. Workout formula
    - 1. Warm-up
    - 2. Work load
    - 3. Cool down
  - 2. FIT Principle
    - 1. Frequency
    - 2. Intensity
    - 3. Time

**7. REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- 1. Lecture
- 2. Lab
- 3. Activity
- 4. Critique
- 5. Discussion
- 6. Individualized Instruction
- 7. Observation and Demonstration

**8. REPRESENTATIVE ASSIGNMENTS**

Representative assignments in this course may include, but are not limited to the following:

**Writing Assignments:**

Final examination on the benefits of aqua-exercise

**Reading Assignments:**

Instructor generated hand-outs to supplement instruction

**Other Outside Assignments:**

Students are encouraged to engage in at least one additional session of physical activity outside of class.

**9. REPRESENTATIVE METHODS OF EVALUATION**

Representative methods of evaluation may include:

- 1. Class Participation
- 2. Class Performance
- 3. Lab Activities
- 4. Written examination
- 5. Pre and post physiological assessment; take home examinations

**10. REPRESENTATIVE TEXT(S):**

Possible textbooks include:

- 1. Spitzer Gibson, Terry-Ann. *Water Aerobics for Fitness and Wellness*, 4th ed. Belmont: Wadsworth Cengage Publishing, 2012

**Origination Date:** January 2013  
**Curriculum Committee Approval Date:** January 2013  
**Effective Term:** Fall 2013  
**Course Originator:** Randy Wright