

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

1. **COURSE ID:** AQUA 135.1    **TITLE:** Aqua Exercise I  
**Units:** 0.5 -1.0 units    **Hours/Semester:** 24.0-54.0 Lab hours  
**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 in one or more: 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
  - A. Review of safety and appropriate use of all equipment and exercises.
  - B. Review and demonstration of techniques of all aspects of aquatic exercises.
  - C. Review of Aqua "Ex" terminology and fitness concepts
2. Aerobic Exercises
  - A. Rhythmic calisthenics
  - B. Aqua Jogging
  - C. Jog, run, walk, skip, hop
3. Anaerobic Exercises
  - A. Upper body exercises
  - B. Lower body exercises
  - C. Core body exercises
  - D. Target Heart rate
  - E. Aqua sprints
4. Flexibility and Agility Exercises
  - A. Multi-joint stretches
  - B. Single joint stretches
  - C. Dynamic stretching
  - D. Static stretching
  - E. Progressive stretching

5. Concepts of Aqua Exercise
  - A. Aerobic vs. Anaerobic
  - B. Muscular strength vs. muscular endurance
  - C. Flexibility and agility
  - D. Water safety
  - E. Progressive overload
6. Fitness Concepts
  - A. Workout formula
    - a. Warm-up
    - b. Work load
    - c. Cool down
  - B. FIT Principle
    - a. Frequency
    - b. Intensity
    - c. Time

**7. REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Discussion
- F. Individualized Instruction
- G. 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:

- A. Class Participation
- B. Class Performance
- C. Lab Activities
- D. Written examination
- E. Pre and post physiological assessment; take home examinations

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

Possible textbooks include:

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

**Origination Date:** February 2017  
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**Course Originator:** Andreas Wolf