

**College of San Mateo  
Official Course Outline**

1. **COURSE ID:** AQUA 135.3    **TITLE:** Aqua Exercise III  
**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:**

An advanced 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 an advanced level.
2. Demonstrate knowledge of various exercises used in Aqua Exercise at an advanced level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

**At an advanced level:**

1. Perform dynamic resistance training exercises in an aquatics environment.
2. Perform cardiovascular activities in an aquatics environment.
3. Understand how to effectively train in an aquatics environment.
4. Understand target heart rate and how to achieve it training in an aquatics environment.
5. Understand cross-training benefits in an aquatics environment.
6. Demonstrate safe and appropriate use of all aqua exercise equipment.

6. **COURSE CONTENT:**

**Lab Content:**

**At an advanced 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
2. Aerobic Exercises
  - A. Interval training
  - B. Target Heart rate workouts
  - C. Aerobic/anaerobic combinations
  - D. Aqua Jogging
  - E. Jog, run, walk, skip, hop
3. Anaerobic Exercises
  - A. High resistance with use of various apparatus
    - a. Upper body exercises
    - b. Lower body exercises
    - c. Core body exercises
  - B. Target Heart rate
  - C. Aqua sprints
4. Flexibility and Agility Exercises
  - A. Multi-joint stretches

- B. Single joint stretches
- C. 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, Intensity, Time

**7. REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Directed Study
- 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 written exam on the physiological benefits of 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 each week.

**9. REPRESENTATIVE METHODS OF EVALUATION**

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Lab Activities
- F. Written examination
- G. Pre and post physiological assessment, take home exam or assignments

**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