

- SLO1. Improvement in muscular strength and endurance by use of training equipment.
- SLO2. Using an individualized aqua exercise program.
- SLO3. Improved balance, agility and coordination.
- SLO4. Increase flexibility
- SLO5. Increase aerobic fitness

7. **Course Objectives** (Identify specific teaching objectives detailing course content and activities. *For some courses, the course objectives will be the same as the student learning outcomes. If this is the case, please simply indicate this in this section).*

Course objectives will be the same as the student learning outcomes.

8. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, you may attach a sample course syllabus with a timeline.)

I. Introduction

- a. Review of appropriate and safe use of all equipment and exercises
- b. Review and demonstration of techniques of all aspects of aquatic exercises
- c. Review of "aqua ex" terminology

II. Aerobic Exercises

- a. Interval training
- b. Target heart rate (THR) workouts
- c. Aerobic / Anaerobic combo
- d. Sprints

III. Anaerobic Exercises

- a. High resistance by use of equipment
- b. Target heart rate
- c. Sprints

IV. Flexibility and Agility Exercises

- a. Multi joint stretches
- b. Single joint stretches
- c. Dynamic stretching
- d. Static stretching
- e. Progressive stretch

V. Concepts of Aqua Exercise

- a. Aerobic and anaerobic
- b. Muscle strength and endurance
- c. Flexibility and agility

9. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Include examples of out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills.)

- 1. Demonstration of all aqua exercise techniques.
- 2. Lectures on techniques and design of workout.
- 3. Practice sessions prior to workout.

10. **Representative Methods of Evaluation** (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)

1. Evaluation of muscle strength and endurance via pre and post testing of student.
2. Evaluation of flexibility and agility via pre and post testing of student.
3. Evaluation of working and resting heart rate.

11. **Representative Text Materials** (With few exceptions, texts need to be current. Include publication dates.)

Instructor handouts

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