

**Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 140

Credits: 1

Course Title: Water Aerobics

Course Description: Focuses on cardiovascular endurance, muscular endurance, and flexibility using water resistance. Includes the principles and techniques of aerobic exercise. Lecture 0 hours. Laboratory 2 hours. Total 2 hours per week.

General Course Purpose: Students will gain proficiency and confidence in the water by learning various water skills, effective locomotion skills, along with an appreciation of water aerobics as a lifelong physical activity option. The course serves as a general education wellness elective for programs that require a personal wellness elective.

Course Prerequisites and Co-requisites: None

Course Objectives:

Upon completing the course, the student will be able to:

- a. Recognize the value and benefits of water aerobics as a form of lifetime physical activity;
- b. Describe the basic guidelines for universal water safety and rules around the pool environment;
- c. Describe the basic properties of water (temperature, buoyancy, resistance, eddy/drag);
- d. Define the following terms relative to the meaning when connected with a water aerobics program: frequency, intensity, and time;
- e. Explain skeletal alignment and body mechanics while emphasizing an intelligent use of the body;
- f. Demonstrate a safe and effective warm-up, flexibility workout, cardiovascular workout, muscular strength and endurance workout, and cool-down in the water;
- g. Describe a variety of methods to modify water aerobic workouts to increase individualized intensity;
- h. Perform a variety of methods for monitoring intensity in the water; and
- i. Describe the process for realistic goal setting for gradual progress in a water aerobics program.

Major Topics to be Included:

- a. Water Aerobics as a Fitness Activity
- b. Benefits of Water Aerobics
- c. Equipment and Safety
- d. Properties of Water
- e. FITT Principles
- f. Body Mechanics
- g. Cardiovascular Guidelines
- h. Muscular Strength and Endurance Guidelines
- i. Flexibility Guidelines
- j. Intensity in the Water
- k. Water Aerobics Programs

Effective Date of Course Content Summary: September 23, 2014