

All Fields Report

Basic Course Information

College	Cañada College
Discipline	AQUA-Kinesiology - Aquatics
Course Number	135.1
Full Course Title	Aqua Exercise I
Catalog Course 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.

Proposal Information

Proposed Start	Year: 2022 Semester: Fall
Proposed Curriculum Committee Meeting Date:	12/10/2021
Deadline for submission to Dean's Queue:	11/04/2021
Deadline for submission of curriculum proposal to the Technical Review Committee:	11/16/2021
Proposal Origination Date:	12/25/2019

Justification For Board Report OR Curriculum Inventory update:	<p>1. For NEW Courses: Provide a brief justification statement describing the need for the course, its place in the curriculum, and pertinent information such as the role of advisory committees. New courses require approval of the SMCCCD Board of Trustees. The justification statement will be included on the annual Curricular Board report. Use complete sentences and present tense.</p> <p>2. For all types of Course MODIFICATIONS (modifications, banking, deletions and reactivations): Provide a brief justification statement describing the need for the change. The justification statement will be used for course updates in the State Curriculum Inventory as necessary. Use complete sentences and present tense.</p> <p>Aqua Exercise I is the first of four courses examining and practicing the skills needed to use exercise in a pool as a safe, fun and effective option of physical activity to maintain good health and overall fitness. Students are able to apply this course towards an AA Degree in Kinesiology.</p>
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Honors Course	No
Open Entry/Open Exit	No 0

Equivalent Courses

Will this course replace an existing course in the catalog, or an experimental course?	No
If yes, identify and explain.	

Similar Courses

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Is there a similar or equivalent course in SMCCCD?	Yes
Added Similar Courses	AQUA 135.1 (College of San Mateo)

Units/Hours				
Unit Types	Fixed			
Units	Min: 1.00			
Variable Range	Range (or)			
Hours				
Please enter hours as per term values				
Method	Min Hours	Max Hours	Min Faculty Load	Min Units
Lecture	0.00	0.00	0.00	0.00
Lab	48.00	54.00	2.25	1.00
TBA	0.00	0.00	0.00	0.00
Work Experience	0.00	0.00	0.00	0.00
Field Experience	0.00	0.00	0.00	0.00
Other	0.00	0.00	0.00	0.00
Homework	0.00	0.00	0.00	0.00
Other Hours				
Course Details				
Repeatable for Credit	No			
Grading Methods	Grade Option (Letter Grade or Pass/No Pass)			
Audit	Yes			

Materials Fee	
Fee Required?	No

Student Learning Outcomes
Upon successful completion of this course, a student will meet the following outcomes:
1. Improve in one or more of the following basic elements of fitness, body composition, flexibility, muscular strength, muscular endurance, and cardiovascular endurance.
2. Demonstrate knowledge of various principles of exercise (overload, specificity, progression, adaptation, reversibility and individual differences).
3. Understand, apply and respect all water safety rules.

Course Objectives
Upon successful completion of this course, a student will be able to:
1. Perform resistance training and cardiovascular exercises with proper alignment in water at a beginning level.
2. Understand cross-training benefits in water at a beginning level.
3. Understand the basic properties of water (temperature, buoyancy, resistance, eddy/drag) and articulate the benefits of water exercise at a beginning level.

4. Understand the basic principles of aerobic & anaerobic exercise training and how to apply these to a water exercise class at a beginning level.
5. Understand safe and effective warm-up, cardiovascular/muscle workout, core workout, cool-down, and stretching exercises in the water at a beginning level.
6. Properly perform a variety of methods for monitoring intensity in the water, and modify beginner workouts for an individualized intensity.
7. Use a variety of water exercise equipment and be able to explain the positive and negative aspects of each at a beginning level.
8. Understand and employ target heart to safely exercise.

Course Lecture Content

Course Lab Content

1. Introduction
 1. Review of safety and appropriate use of all beginning level equipment and exercises.
 2. Review and demonstration of techniques of beginning level of aquatic exercises.
 3. Introduction of Aqua Exercise terminology and fitness concepts.
2. Basic properties of water
 1. Temperature
 2. Buoyancy
 3. Resistance
 4. Eddy/Drag
 5. Benefits of aqua exercise.
3. Aerobic Exercises
 1. Rhythmic calisthenics
 2. Aqua jogging
 3. Jog, run, walk, skip, hop
4. Anaerobic Exercises
 1. Upper body exercises
 2. Lower body exercises
 3. Core body exercises
 4. Target Heart rate
 5. Aqua sprints
5. Flexibility and Agility Exercises
 1. Multi-joint stretches
 2. Single joint stretches
 3. Dynamic stretching
 4. Static stretching
 5. Progressive stretching
6. Concepts of Aqua Exercise
 1. Aerobic vs. Anaerobic
 2. Muscular strength vs. muscular endurance
 3. Flexibility and agility
 4. Water safety
 5. Progressive overload
7. Fitness Concepts
 1. Workout formula
 1. Warm-up

- 2. Work load
- 3. Cool down
- 2. FITT Principle
 - 1. Frequency
 - 2. Intensity
 - 3. Time
 - 4. Type
- 3. Principles of Exercise
 - 1. Overload
 - 2. Specificity
 - 3. Progression
 - 4. Adaptation
 - 5. Reversibility
 - 6. Individual differences

TBA Hours Content

Frequently Recommended Preparation

Frequently Recommended

Eligibility for READ 836 and ENGL 836; or ENGL 847 or ESL 400.

Writing

- 1. Write complete sentences and unified paragraphs.
- 2. Use correct basic punctuation, grammar and syntax.

Reading

- 1. Read material at 9th grade level accurately and with good comprehension.
- 2. Determine word meanings of vocabulary used in material at this level.

Justification for Frequently Recommended Preparation

Why is the knowledge of the recommended course(s), skill(s) or information necessary for students to succeed in the "target" course? Specify the relationship between the recommended knowledge and skills required of students and those taught in the "target course? (Please list the specific proficiencies students must possess in order to succeed in the "target" course.)

Students will need to be able to read and write at a 9th grade level of higher to successfully complete the required assignments for the course.

Other Recommended Preparation

You have no defined requisites.

Prerequisites/Corequisites

You have no defined requisites.

Content Review

You have not defined content review.

Mode of Delivery

Modes of Delivery

Lab

Representative Instructional Methods

Methods

Lab
Activity
Discussion
Individualized Instruction
Observation and Demonstration

Other Methods

Representative Assignments

Writing Assignments

(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)

- Essays examining the benefits of daily physical activity, safety practices during exercise, and the principles of exercise (2-3 short essays over the semester; approximately 2-3 pages each).

Reading Assignments

(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)

- Articles related to the benefits of daily physical activity and exercise (3-5 pages biweekly).
- Selected readings from the text (2-3 pages biweekly).

Other Outside Assignments

(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)

- None

To be Arranged Assignments

(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)

- Not applicable

Representative Methods of Evaluation

This section defines the ways students will demonstrate that they have met the student learning outcomes.

Student grades will be based on multiple measures of student performance. Instructors will develop appropriate classroom assessment methods and procedures for calculating student grades, including the final semester grade. The following list displays typical assessment methods appropriate for this course. The actual assessment methods used in a particular classroom and section will be listed in the instructor's syllabus.

Methods must effectively evaluate critical thinking. Credit courses must include written communication, problem solving, and/or skills demonstrations.

Multiple measures may include, but are not limited to, the following:

Methods	<ul style="list-style-type: none"> • Class Participation • Class Performance • Exams/Tests • Homework • Lab Activities • Papers • Quizzes • Written examination • Pre and post physiological assessment; take home examinations
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Representative Texts

Textbooks such as the following are appropriate:

Formatting Style	APA
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Textbooks	
	1. Alexander, C.. <i>Water Fitness Progressions</i> , 1st ed. Human Kinetics, 2019

Manuals	
<i>You have no manuals defined.</i>	

Periodicals	
<i>You have no periodicals defined.</i>	

Software	
<i>You have no software defined.</i>	

Other	
<i>You have no other defined.</i>	

Degree/Certificate Applicability

Designation	Degree Credit
Proposed For	AA/AS Degree
Course Designation	Are there degrees/certificates to which this course applies? Kinesiology AA Degree

Text

General Education/Degree/Transfer Course

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By Jose Pena

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT

E2 Pending

CSU Transfer Course

Transfers to CSU Approved

Cañada GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT

E2 Pending

Cañada: BASIC COMPETENCY REQUIREMENTS

Physical Education Approved

UC Transfer Course

Transfers to UC Pending

Resources Needed

Adequate Library Resources Consultation with the Coordinator of Library Services regarding the adequacy of campus and online information resources to fulfill course objectives is required prior to course approval. Inadequate to support the course
Please Specify:

Affected Resources Which of the following resources do you expect to be affected by the offering of this class? Check as many as appropriate.

None of the above

Explain what effect the areas you have checked will have upon this college:

Comparable Transfer Course Information

Are there comparable courses? Yes

Edit/Del **College Info**

CSU
CSU Long Beach

CSU
CSU Long Beach
2020
Physical Education Activity: Aqua Aerobics KIN 127A

CSU
CSU East Bay
2020
Beginning Activities: Water Aerobics KIN 140

Minimum Qualification

No Minimum Qualifications For this Course

CB Codes

CB03 TOP Code	0835.00 - Physical Education
CB04 Course Credit Status	D - Credit - Degree Applicable
CB05 Course Transfer Status	A = Transferable to both UC and CSU
CB08 Course Basic Skill Status (PBS Status)	2N = Course is not a basic skills course.
CB09 SAM Code	E - Non-Occupational
CB11 California Classification Codes	Y - Credit Course
CB21 Levels Below Transfer	Y = Not Applicable
CB23 Funding Agency Category	Y = Not Applicable
CB25 Course General Education Status	Y - Not Applicable
CB26 Course Support Course Status	N - Course is not a support course

Codes/Dates

Entry of Special Dates

Instruction Office Review	
Last Outline Revision	
Content Review	
CC Approval	
DE Approval	
Effective Term	Term: Fall Year: 2022

Web Catalog

Course Family	
Web Catalog	<input type="checkbox"/> Exclude from Web Catalog

Instructional Services

Implementation Date	
Originator	Nicholas Carr
Origination Date	12/25/2019

Proposal Type	Cañada New Course
C-ID Numbers	
CB00 State ID	
CB03 TOP Code	0835.00 - Physical Education
CB04 Course Credit Status	D - Credit - Degree Applicable
CB05 Course Transfer Status	A = Transferable to both UC and CSU
CB08 Course Basic Skill Status (PBS Status)	2N = Course is not a basic skills course.
CB09 SAM Code	E - Non-Occupational
CB10 Course COOP Work Exp-ED	N = Not part of Coop Work Exp
CB11 California Classification Codes	Y - Credit Course
CB13-Special Class Status	N - Not Special
CB21 Levels Below Transfer	Y = Not Applicable
CB22 Non Credit Course Category	Y - Not Applicable
CB23 Funding Agency Category	Y = Not Applicable
CB24-Program Course Status	1 = Program Applicable
CB25 Course General Education Status	Y - Not Applicable
CB26 Course Support Course Status	N - Course is not a support course

Web Catalog Metadata

Key
note_uc
Value
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