

Course Outline of Record

1. Course Code: KINE-093
2.
 - a. Long Course Title: Water Fitness
 - b. Short Course Title: WATER FITNESS
3.
 - a. Catalog Course Description:
 This course emphasizes improving components of physical fitness such as cardiorespiratory endurance, muscular strength, endurance, and flexibility through resistance exercises in the water. Instruction of basic swimming exercises and drills may also be included. The pool depth is a minimum of 4'6, the ability to tread water is advisable.
 - b. Class Schedule Course Description:
 Developing physical fitness and muscular strength through water exercises. Basic swimming exercises and drills may also be included. The pool is 4'6, the ability to tread water is advisable.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
 - KINESIOLOGY
4. Total Units: 1.00 Total Semester Hrs: 36.00
 Lecture Units: 0.5 Semester Lecture Hrs: 9.00
 Lab Units: 0.5 Semester Lab Hrs: 27.00
 Class Size Maximum: 35 Allow Audit: No
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) N/A
7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

1. Aquatics for Fitness (beginning instruction)
 1. Why a water workout?
 2. What to expect from a water workout.
 3. Cardiovascular benefits.
 4. Muscular strength.
 5. Muscular endurance.
 6. Fitness and flexibility.
 7. Balance and coordination.
2. Getting Equipped (beginning instruction)
 1. Pool depth.
 2. Swim gear.
 3. Sole support.
 4. Skin protection.
 5. Equipment
3. Aquatics the Right Way
 1. Postures
 2. Basic stances.
 3. Basic moves.
 4. Customizing your workout.
 5. Upper body.

- 6. Lower body.
- 7. Deep water workouts.
- 4. Beginning swim exercises
 - A. introduction of strokes
 - B. personal swimming and fitness design

Lab: (if the "Lab Hours" is greater than zero this is required)

Students will complete a 30-45 minute water exercise workout twice per week.

The students may be tested in the following;

- 1. cardiorespiratory assessment
- 2. body composition
- 3. muscular strength and endurance

9. Course Student Learning Outcomes:

- 1. Cite the benefits of a water exercise program.
- 2. Differentiate between the muscle groups utilized as they pertain to water exercises.
- 3. Develop a self-prescribed water exercise program with an understanding of injury prevention and rehabilitation.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Demonstrate an understanding of the benefits of exercise.
- b. Demonstrate the development of a water exercise vocabulary.
- c. Differentiate the various muscle groups used in a particular exercise.
- d. Demonstrate improvement in physical conditioning.
- e. Demonstrate an understanding of safety and injury prevention.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Demonstration, Repetition/Practice
- c. Discussion
- d. Individualized Study
- e. Lecture
- f. Participation

Other Methods:

a. Lecture and discussion. b. Demonstrations. c. Student reports. e. Audio/visual presentations.

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

a. In-class Assignments

1. Skill testing 2. Physical fitness testing 3. Fitness worksheets

b. Out-of-class Assignments

- 1. Reading assignments with written report.
- 2. View video tapes on water exercises.
- 3. Skill practice.
- 4. Design a water exercise routine lasting at least 10 minutes incorporating all the major muscle groups.

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework
- Portfolios

Students will keep a log of their workouts as well as body weight, body fat assessment, heart rate, calories burned.

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- Self-paced testing
- Mid-term and final evaluations
True/false/multiple choice/short answer mid-term and/or final exam.
- Student participation/contribution

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Value learning as a lifelong endeavor designed to enrich one's life.

IO - Personal and Professional Development

Self-evaluate knowledge, skills, and abilities.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

None.

18. Materials Fees: Required Material?

Material or Item

Cost Per Unit

Total Cost

19. Provide Reasons for the Substantial Modifications or New Course:

Modify catalog and schedule descriptions to provide clear and precise information.

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*
b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000307973
b. T.O.P. Code [CB03]: 83500.00 - Physical Education
c. Credit Status [CB04]: D - Credit - Degree Applicable
d. Course Transfer Status [CB05]: A = Transfer to UC, CSU
e. Basic Skills Status [CB08]: 2N = Not basic skills course
f. Vocational Status [CB09]: Not Occupational
g. Course Classification [CB11]: Y - Credit Course
h. Special Class Status [CB13]: N - Not Special
i. Course CAN Code [CB14]: *N/A*
j. Course Prior to College Level [CB21]: Y = Not Applicable
k. Course Noncredit Category [CB22]: Y - Not Applicable
l. Funding Agency Category [CB23]: Y = Not Applicable
m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): KINESIOLOGY

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 25

Third Year: 35

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

None.

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 04/09/12