GROSSMONT COLLEGE

Official Course Outline

# EXERCISE SCIENCE 040C– ADVANCED AQUATIC FITNESS

1. Course Number Course Title Semester Units Semester Hours

ES 040C Advanced 1 1 hour lecture

# Aquatic Fitness 1 hour laboratory

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

A “C” grade or higher or “Pass” in ES 040B or equivalent or specified skill competencies.

3. Catalog Description

A continuation of aquatic fitness - ES 040B. An emphasis will be placed on the development of an advanced level of conditioning in the areas of muscular strength and endurance, improvement and efficiency of the cardiovascular system, and improving body composition. More intense Advanced level movement patterns in the water while using resistive and flotation equipment. Principles of physical fitness, conditioning, and other relevant health-related topics will also be covered.

4. Course Objectives

The student will:

a. Measure improvement in muscular strength, muscular endurance, and body composition.

b. Demonstrate knowledge of various strength and cardiovascular exercise movements.

c. Demonstrate Advanced level skills using extensive principles of physical fitness and conditioning within a water environment.

d. Achieve and monitor the necessary intensity of exercise to produce improvements to an advanced level in all physical fitness components.

e. Recognize the relationship between physical fitness, nutrition, and body composition.

5. Instructional Facilities

a. Swimming pool

b. White Board

c. Various water resistive equipment

d. Various flotation devices.

6. Special Materials Required of Student

a. Swim suit

b. Towel

c. Internet access

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7. Course Content

A structured discussion/lab format to include:

a. Course introduction, aquatic equipment, personal safety.

b. More in-depth water moves at an advanced level using major muscles of the upper and lower body.

c. Warm-up and stretching routine, vigorous aerobic exercises, and or strength exercises, followed by a cool-down routine.

d. Intermittent monitoring of heart rates throughout the class.

e. Lecture/discussions on relevant topics including the principles of water/buoyancy, physical fitness, conditioning, nutrition, body composition, exercise safety, and other factors critical to a healthful lifestyle.

f. Assessment of physical fitness components.

8. Method of Instruction

a. Lecture/discussion.

b. Demonstration.

c. Individual practice and participation.

d. Outside research assignments.

9. Methods of Evaluating Student Performance

a. Written tests including final.

b. Participation in activity and discussions.

c. Outside writing assignments.

d. Advanced level fitness assessments.

10. Outside Class Assignments

a. Projects may include research/term papers or health profile assessments or goal worksheet.

b. At least 1-2 hours per week in reading assignments.

c. At least 1 additional day of prescribed exercise to meet minimum frequency standards needed to gain fitness.

d. Target Heart Rate Formula. Students will complete, understand and evaluate their heart rate using

the formula found in the text: The Way to a Long and Healthy Life

11. Texts

a. Required Text(s):

(1) Exercise Science and Wellness Department. The Way to a Long and Healthy Life. El Cajon, CA: Grossmont College**,** 6th edition, 2012.

b. Supplementary texts and workbooks:

(1) Instructor's materials.

(2) Pappas Baun, M. Fantastic Water Workouts. Champaign, IL. Human Kinetics, 2nd edition, 2008.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Demonstrate knowledge, physical fitness level, skills and appreciation of aquatic fitness at the advanced level.
2. Identify the basic principles for maintaining an active and healthy life.

Date approved by the Governing Board: May 21, 2013