

# PE-1300: AQUA FITNESS

## Cuyahoga Community College

**Viewing: PE-1300 : Aqua Fitness**

**Board of Trustees:**

March 2021

**Academic Term:**

Fall 2020

**Subject Code**

PE - Physical Education

**Course Number:**

1300

**Title:**

Aqua Fitness

**Catalog Description:**

Non-swimming water fitness class. Includes various types of water workouts in both the shallow and deep ends, cardio and toning components. Swimming skills not required.

**Credit Hour(s):**

1

**Lecture Hour(s):**

0

**Lab Hour(s):**

2

### Requisites

**Prerequisite and Corequisite**

None.

### Outcomes

**Course Outcome(s):**

Demonstrate knowledge of the basic skills, theory, and guidelines of aqua fitness.

**Objective(s):**

1. Define hydrodynamics.
2. Define wave drag, form drag and turbulence.
3. Explain how to increase and decrease exercise intensity.
4. Discuss safety concerns with water exercise.
5. Explain the aquatic exercise heart rate.
6. Demonstrate proper body alignment.
7. Demonstrate proper execution of leg exercises to increase heart rate.
8. Demonstrate proper execution of arm exercises to increase exercise heart rate.
9. Discuss the benefits of warm up and cool down.
10. Explain the American College of Sports Medicine (ACSM) guidelines for strength and endurance training.

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**Course Outcome(s):**

Demonstrate proper techniques of basic aqua fitness.

**Objective(s):**

1. Demonstrate proper body alignment.
2. Demonstrate proper execution of leg exercises to increase heart rate.

3. Demonstrate proper execution of arm exercises to increase exercise heart rate.
4. Demonstrate proper execution of exercises to improve muscular strength and endurance using various pieces of equipment (hand buoys, gloves, barbells).
5. Demonstrate proper stretching exercises and techniques for major muscle groups.

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**Methods of Evaluation:**

1. Class participation
2. Written assignments
3. Class discussion
4. Written tests/quizzes
5. Skill demonstrations

**Course Content Outline:**

1. Definitions
  - a. Hydrodynamics
  - b. Wave drag
  - c. Form drag
  - d. Turbulence
  - e. Muscular endurance
  - f. Muscular strength
  - g. Flexibility
2. Benefits of aquatic exercise
  - a. Increased resistance
  - b. Increased venous return
  - c. Decreased joint stress
  - d. Safety considerations
3. ACSM guidelines for strength and endurance training
4. Demonstrate exercises to improve cardiorespiratory endurance
  - a. Jogging
  - b. Kicking
  - c. Knees
  - d. Jumping jacks
  - e. Cross Country skiing
  - f. Bottom
  - g. Rebound
  - h. Suspended
  - i. Others
5. Demonstrate exercises to develop muscular strength and endurance
  - a. Hand buoys
  - b. Gloves
  - c. Cuffs
  - d. Barbells
  - e. Others

**Resources**

Aquatic Exercise Association. (2018) *Aquatic Fitness Professionals Manual*, Champaign, IL: Human Kinetics.

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Alexander, C. (2016) *Water Fitness Progressions: Use Periodization for Optimal Fitness*, Champaign, IL: Human Kinetics.

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Layne, M. (2015) *Water Exercise*, Champaign, IL: Human Kinetics.

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**Resources Other**

none

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