PE-1310: SHALLOW WATER EXERCISE

Cuyahoga Community College

Viewing: PE-1310 : Shallow Water Exercise

Board of Trustees:
January 2024

Academic Term:
Fall 2024

Subject Code
PE - Physical Education

Course Number:
1310

Title:
Shallow Water Exercise

Catalog Description:
Shallow water exercises to improve cardiorespiratory fitness, muscular endurance, strength, flexibility, and health.

Credit Hour(s):
1

Lecture Hour(s):
0

Lab Hour(s):
2

Other Hour(s):
0

Requisites

Prerequisite and Corequisite
None.

Outcomes

Course Outcome(s):
Demonstrate knowledge of the basic skills, theory, and guidelines of shallow water exercise.

Essential Learning Outcome Mapping:
Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Discuss principles of hydrodynamics.
2. Explain water as a medium for exercise, relaxation, and enjoyment.
3. Explain the principles of buoyancy and resistance as experienced in the aquatic media.
4. Identify the factors that contribute to increasing cardiorespiratory efficiency in shallow water exercise.
5. Describe how water exercise contributes to cardiorespiratory endurance, muscle strength, muscle endurance, and flexibility.
6. Discuss components of a shallow water exercise program including warm-up, workout, and cool-down.
7. Discuss Aquatic Exercise Association (AEA) guidelines to enhance cardiorespiratory endurance, muscular strength, muscular endurance, and flexibility.

Course Outcome(s):

Demonstrate proper technique for basic shallow water exercise.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Demonstrate proper body alignment in shallow water exercise.
2. Demonstrate proper execution of leg exercises to enhance cardiorespiratory endurance, muscular strength, and muscle endurance.
3. Demonstrate proper execution of arm exercises to enhance cardiorespiratory endurance, muscular strength, and muscle endurance.
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.
6. Demonstrate the components of a shallow water exercise program including warm-up, workout, and cool-down.

Methods of Evaluation:

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

Course Content Outline:

1. Definitions
   a. Hydrodynamics
   b. Cardiovascular endurance
   c. Muscular endurance
   d. Muscular strength
   e. Flexibility
2. Benefits of shallow water exercise
   a. Enhanced cardiorespiratory endurance
   b. Enhanced muscular endurance and strength
   c. Enhanced flexibility and range of motion
   d. Decreased joint stress
   e. Enhanced health
   f. Stress management
3. Components of shallow water exercise program
   a. Warm-up
   b. Workout
   c. Cool-down
4. Aquatic Exercise Association (AEA) guidelines for cardiorespiratory endurance, muscular endurance, muscular strength, and flexibility
5. Demonstrate exercises to enhance cardiorespiratory endurance
   a. Walking
   b. Jogging
   c. Running
   d. Kicking
   e. Jumping jacks
   f. Cross-country skiing
   g. Rebound
   h. Suspended
   i. Others

6. Demonstrate use of equipment and exercises to enhance muscular endurance and strength
    a. Body position
    b. Wave, force, and form drag
    c. Hand buoys
    d. Cuffs
    e. Barbells
    f. Others
7. Demonstrate techniques to enhance flexibility

    a. Static
    b. Dynamic
    c. Proprioceptive Neuromuscular Facilitation-PNF

Resources

Aquatic Exercise Association. (2017) *Aquatic fitness professional manual*, Champaign: Human Kinetics.

Knopf, K. (2021) *Make the pool your gym: No-impact water workouts for getting fit, building strength, and rehabbing from injury* , Brooklyn: Ulysses Press.

Alexander, C. (2018) *Water fitness progressions*, Champaign: Human Kinetics.

Turner, E. & Caccia, J. (2022) *Low-impact swimming pool exercises for people with injuries, limited movement, and seniors*, Our Things Media, LLC.

Mcdaniel, R. (2022) *Pool exercises for seniors*, Independent Publisher.

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