

# KIN 0040 - WATER EXERCISE FOR FITNESS

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## Catalog Description

Formerly known as PHED 8

Hours: 36 activity per unit

Description: Designed to improve muscle tone and cardiovascular fitness. Exercises conducted in the water, utilizing the resistance of water against body movement. Strength and conditioning exercises are integrated with aerobic exercises so that students may have the potential for maximum benefit in a short time. Suitable for students with injuries or physical limitations. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Identify safe and harmful movements in the water.
- CSLO #2: Explain proper equipment used in water exercise for fitness class.
- CSLO #3: Demonstrate movement on land versus water.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

18-72

## Outside of Class Hours

9-36

## Total Student Learning Hours

27-108

## Course Objectives

1. Evaluate personal fitness levels at the start and finish of course using Personal Assessment Techniques;
2. Analyze selected set of movements from simple to difficult;
3. Experiment with movement;
4. Select appropriate movements to achieve specific fitness goals;
5. Distinguish between safe and harmful movements in the class environment;
6. Differentiate between the pain of an injury and the pain resulting from normal exercise;
7. Compare properties of movement in the water vs. on land;
8. Plan and teach a 5 minute workout segment with a particular objective in mind;
9. Construct a one hour workout utilizing basic guidelines provided, and learned, during the course;
10. Prepare a workout, with a group, which demonstrates a variety of exercises with the same result (ex. all upper body strength conditioning exercises).

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
  - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Objective Examinations
  - Example: 1. What is the safest depth for rebounding into the water for the water exercise for fitness class? 2. Describe the method for determining optimal heart rate in an aquatic environment.
- Skill Demonstrations
  - Example: 1. In a skill demonstration, students will be evaluated on their performance of safe movements in the class environment.

## Repeatable

No

## Methods of Instruction

- Activity

Activity:

1. The instructor will demonstrate Leap Frog, and the students will determine which muscles were the primary movers.
2. The instructor will lead a discussion about the types of movements that develop the triceps muscles, then assign a paper requiring the students to list ten aquatic triceps exercises.

## Typical Out of Class Assignments

### Reading Assignments

1. Read suggested textbook, Water Exercise, regarding acquiring appropriate equipment for water exercise fitness. Students shall be prepared to discuss how to inspect, determine, and internalize personal modifications based on injuries or desired performance outcome. 2. Visit [www.turnstep.com](http://www.turnstep.com). Read 6 different aquatic workouts and be prepared to discuss in class.

### Writing, Problem Solving or Performance

1. Visit [www.turnstep.com](http://www.turnstep.com). Choose 6 different aquatic workouts that vary in goals, equipment usage, and complexity. Use these samples, along with assigned reading and class participation, to create a one hour workout, listing components of the workout, goal of each component, specific exercises, and contraindications to each movement. Address contraindications for a 100% healthy student and a student in need of a knee replacement. Turn in a three to five page workout description, including copies of the six articles. 2. In a group, formulate and document a 50 minute, 10-15 movement workout composed of exercises designed to target one muscle group or achieve one effect (ex. hamstrings, intense

cardio, core conditioning, relaxation). Demonstrate by leading a segment of class. Note all names of group participants, objective, and exercises.

## **Other (Term projects, research papers, portfolios, etc.)**

### **Required Materials**

- Water Exercise
  - Author: Melissa R Layne
  - Publisher: Human Kinetics
  - Publication Date: 2015
  - Text Edition: 1st
  - Classic Textbook?:
  - OER Link:
  - OER:

### **Other materials and-or supplies required of students that contribute to the cost of the course.**