HPE122
WATER FITNESS

1 Credit Hour

Prepared By:
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Carolyn Elphingstone, Social Science Division Chair
HPE122 Water Fitness

I. COURSE DESCRIPTION
   A. Prerequisite: None
   B. 1 semester hour credit
   C. Water Fitness teaches the principles, mechanics, safety and benefits of aquatic exercise. Students will design a water exercise program specific to their individual needs and abilities and will gradually increase their physical efficiency and capacity to complete aquatic exercises. (F, S, Su)

II. EXPECTED LEARNING OUTCOMES/ASSESSMENT MEASURES

<table>
<thead>
<tr>
<th>Expected Learning Outcomes</th>
<th>Assessment Measures</th>
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<tbody>
<tr>
<td>Students will evaluate the benefits of aquatic exercise.</td>
<td>Group Activity</td>
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<td>Reflection Papers</td>
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<td>Students will apply principles and mechanics of water fitness exercises.</td>
<td>Observation, Instructor Checklist</td>
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<td>Group Activity</td>
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<td>Students will identify the characteristics of safe and effective aquatic exercise programs.</td>
<td>Reflection Paper</td>
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<td>Class Discussion</td>
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<td>Students will gradually increase their physical efficiency and capacity to complete aquatic exercises.</td>
<td>Pre-/Post Checklist</td>
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<td>Observation</td>
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<td>Instructor Observation of Student Participation</td>
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III. OUTLINE OF TOPICS

A. Introduction to Course
   1. Warm-up and cool down exercises
   2. Pulse and self-monitoring
   3. Hydration
   4. Muscle groups

B. Principles of Exercise
   1. Components of an appropriate fitness program
   2. Types of exercise
   3. Safety concerns and adaptations

C. Exercise Adherence
   1. Tracking progress
   2. Exercise nutrition
   3. Maintenance
IV. METHODS OF INSTRUCTION
A. Lecture
B. Discussion
C. Collaborative Activities
D. Demonstrations

V. REQUIRED TEXTBOOK
None

VI. REQUIRED MATERIALS (Student)
Swimsuit
Towel

VII. SUPPLEMENTAL REFERENCES
Current Library holdings

VIII. METHOD OF EVALUATION (Student)
A. Discussion
B. Group Activities
C. Instructor Observation of Student Participation
D. Observation
E. Observation, Instructor Checklist
F. Pre/Post Checklist
G. Reflection Papers

IX. ADA STATEMENT
Any student requiring special accommodations should inform the instructor and the Coordinator of Disability Support Services (Library; phone 636-797-3000, ext. 169).
X.  ACADEMIC HONESTY STATEMENT

All students are responsible for complying with campus policies as stated in the Student Handbook and on the College website.

http://www.jeffco.edu/jeffco/index.php?option=com_weblinks&catid=26&Itemid=84