HPE124
RECREATIONAL WATER ACTIVITIES
1 Credit Hour

Prepared By:
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January 2010

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HPE124 Recreational Water Activities

I. COURSE DESCRIPTION

A. Prerequisite: None

B. 1 semester hour credit

C. Recreational Water Activities is an arranged course where students independently complete 30 hours in the pool during open swim hours. This course provides students the opportunity to design and tailor an exercise program specific to their individual needs and abilities. An orientation will be scheduled during the first week of classes. (F, S)

II. EXPECTED LEARNING OUTCOMES/ASSESSMENT MEASURES

<table>
<thead>
<tr>
<th>Expected Learning Outcomes</th>
<th>Assessment Measures</th>
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<tr>
<td>Students will identify characteristics of a safe and effective exercise programs.</td>
<td>Discussion</td>
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<td>Students will complete 30 clock hours of water activities.</td>
<td>Attendance Logs</td>
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<td>Personal Journals</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>Personal Journals</td>
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III. OUTLINE OF TOPICS

A. Introduction to Course
   1. Overview of course
   2. Safety concerns and adaptations
   3. Importance of hydration
   4. Pool rules

B. Structuring an Exercise Program
   1. Principles of exercise
   2. Components of an appropriate fitness program
   3. Types of exercise

C. Exercise Adherence
   1. Tracking progress
   2. Maintenance
IV. METHODS OF INSTRUCTION

A. Self-Directed Water Activities

B. Discussion

V. REQUIRED TEXTBOOK

None

VI. REQUIRED MATERIALS (Student)

Swimsuit
Towel

VII. SUPPLEMENTAL REFERENCES

Current Library holdings

VIII. METHOD OF EVALUATION (Student)

A. Attendance Logs

B. Personal Journal

C. Pre/Post Checklist

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