

# Common Course Outline

## PEAQ 106 Aqua Fitness 1 Credit

### The Community College of Baltimore County

#### Description

**PEAQ 106 – 1 Credit – Aqua Fitness** develops the physical fitness level of the individual using fitness equipment and water as resistance while performing low impact activities. Aqua Fitness improves the cardiorespiratory, muscular strength, muscular endurance, and flexibility components of physical fitness. This course is appropriate for both non-swimming students and swimming capable students wanting a challenging physical fitness activity without overly stressing body joints.

**1 credit:** 2 hours per week of lecture and directed activity

#### Overall Course Objectives

Upon completion of this course students will be able to:

1. evaluate personal fitness levels in comparison to established norms;
2. demonstrate safe and effective aquatic fitness training practices;
3. explain the principles of effective training (principles of Frequency, Intensity, Time, Type);
4. describe the health benefits of regular aquatic physical activity;
5. practice cooperation in group activity;
6. explain the relationship between nutrition (diet) and physical fitness;
7. develop a plan for lifelong personal fitness; and
8. analyze improvements in strength, flexibility, body composition, and cardiorespiratory endurance.

#### Major Topics

- I. Definition and assessment of physical fitness
  - A. Body composition
  - B. Flexibility
  - C. Muscular strength
  - D. Muscular endurance
  - E. Cardiorespiratory endurance
- II. Personal Change: goal setting
- III. Training principles:
  - A. Warm-ups and cool downs

- B. Cardiorespiratory endurance
  - C. Muscular strength and endurance
  - D. Flexibility
- IV. Nutrition
- A. Nutrition Basics
  - B. Nutrition and weight management
  - C. Nutrition and physical performance
- V. Technique and practice
- A. Resistance exercises
  - B. Cardio workouts
  - C. Flexibility exercises

### **Course Requirements**

Grading/exams: Grading procedures will be determined by the individual faculty member but will include the following:

Attendance and participation

Written exam (one or more at the discretion of the instructor)

Pre and post physical fitness assessments

Monitoring of heart rate

Journal (personal journal detailing fitness activities, nutrition, personal growth at the discretion of the instructor)

Additional assignments (nutritional analysis, special topics reading/writing assignment, etc.) at the discretion of the instructor

Writing: Students are required to utilize appropriate academic resources.

### **Other Course Information**

This course is taught in the pool and appropriate swim attire is required