

Common Course Outline

PEAQ 107

Aqua Zumba

1 Credit

Community College of Baltimore County

Description

PEAQ 107 - Aqua Zumba develops the physical fitness level of the individual using the water as a resistance factor performing low impact activities. Aqua Zumba blends a water-based work out with cardio-conditioning, body toning, and functional movements with a challenging work out choreographed to Latin music. World-wide dance styles such as merengue, salsa, reggaeton, mambo, rumba, flamenco, and calypso are incorporated into the water fitness class. Aqua Zumba improves the cardiorespiratory system, muscular strength, muscular endurance, and flexibility components of physical fitness, as well as agility, balance and coordination. This class is ideal for students needing a physical activity class without overly stressing body joints.

1 Credit

Pre-and/or Co-requisites: None

Overall Course Objectives

Upon completion of this course students will be able to:

1. demonstrate knowledge of equipment, proper fit and adjustments;
2. evaluate personal fitness levels and compare with established norms;
3. demonstrate safe and effective fitness training practices;
4. implement the principles of effective training - Frequency, Intensity, Time, and Type (FITT);
5. describe the correlation of skillful movement with the development of self-concept and self-esteem;
6. describe the health benefits of regular physical activity;
7. practice cooperation in group activity;
8. analyze the relationship between nutrition (diet) and physical fitness;
9. develop a plan for short and long term personal fitness goals;
10. analyze improvements in strength, flexibility, body composition and cardiorespiratory endurance; and
11. demonstrate knowledge of body mechanics and safe aquatic practices during activity.

Major Topics

- I. Assessment of physical fitness and interpretation of results
 - A. Body composition
 - B. Flexibility
 - C. Muscular strength
 - D. Muscular endurance
 - E. Cardiorespiratory endurance
- II. Personal Fitness Goals (setting appropriate short and long term goals)

- III. Principles of Exercise
 - A. Warm-ups and cool-down
 - B. Training programs
 - 1. Cardiorespiratory Endurance Training
 - 2. Interval Training
 - 3. Steady State Training
 - 4. FITT
 - 5. Principles of Overload
 - C. Heart rate calculations and monitoring
- IV. Nutrition and diet
 - A. Nutrition basics
 - B. Nutrition for training and performance
 - C. Diet and weight management
- V. Techniques and practice
 - A. Aquatic Safety Procedures
 - B. Aqua Zumba techniques
 - C. Variety of aquatic techniques

Course Requirements

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

Grading/exams

1. Attendance and class participation is required to meet course objectives
2. Minimum of (1) written exam
3. Minimum of (1) writing assignment
4. Pre & Post Physical Fitness Assessment

Writing Assignments: Students are required to utilize appropriate academic resources. The individual faculty member will determine specific writing assignments such as personal nutritional analysis, physical fitness profile assessment, and/or an evaluative paper analyzing personal physical fitness improvements.

Other Course Information

This course is appropriate for students who are healthy and for all levels of fitness. Appropriate attire and footwear is required.

Date Revised: 2/7/2017