

# Common Course Outline

## PEAQ 145

### Water Aerobics

2 Credits

## Community College of Baltimore County

### Description

**PEAQ 145 – Water Aerobics** studies and practices various conditioning programs designed to attain and maintain physical fitness through activities while the body is submerged in water. Students will emphasize water exercises, water jogging and rhythmic movements in the water. The nine fundamental swim strokes will be introduced in a routine or composition set to music.

### 2 Credits

**Prerequisites:** None

### Overall Course Objectives

Upon completion of this course students will be able to:

1. calculate their specific target heart rate for cardiovascular endurance training effect;
2. demonstrate a variety of aquatic exercises designed to improve overall flexibility;
3. provide numerous techniques and training programs designed to strengthen the skeletal muscles in the water;
4. perform cardiovascular aquatics for thirty (30) continuous minutes;
5. perform both shallow and deep water Swedish water walking;
6. explain the overall benefits and therapeutic effects of aquatic vs. land based exercise;
7. analyze the effects of aquatic exercise on joint based injury/disease;
8. explain the effects of aquatic exercise for weight control with respect to toning and burning calories; and
9. demonstrate improved levels of fitness in the components of flexibility, cardiovascular endurance, muscular endurance, and muscular strength.

### Major Topics

- I. Cardiovascular endurance and target heart zones.
- II. Aquatic vs. land based exercise.
- III. Aquatic flexibility training.
- IV. Joint structure, injury and disease.
- V. Weight bearing exercise and strength.
- VI. Body composition and weight loss through aquatic training.
- VII. Muscle balance.

### Course Requirements

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

**Grading/exams**

- A minimum of one written exam.
- One each pre and post-test evaluation of physical fitness.
- One each pre and post-test of cardiovascular recovery.
- Attendance and participation will be graded.

Written Assignments: Students are required to use appropriate academic resources.

**Other Course Information**

This course requires vigorous physical activity in an aquatic environment. It is recommended that you are able to swim before taking this course.

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