

## **PEAQ 106**

### **Aqua Cardio Fitness Conditioning**

1 Credit

Community College of Baltimore County  
Common Course Outline

#### **Description**

**PEAQ 106 – Aqua Cardio Fitness Conditioning:** develops the physical fitness level of the participant 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 and swimming students wanting a challenging physical fitness activity without overly stressing body joints.

#### **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. utilize the training principles of frequency, intensity, time, and type (FITT);
4. list the health benefits of regular aquatic physical activity;
5. practice cooperation in group activity;
6. explain the relationship between nutrition 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. Assessment of physical fitness
  - a. Body composition
  - b. Flexibility
  - c. Muscular strength
  - d. Muscular endurance
  - e. Cardiorespiratory endurance
- II. Setting behavior change goals
- III. Training principles
  - a. Progressive Overload: FITT
  - b. Specificity
  - c. Reversibility
- IV. Nutrition basics
- V. Techniques and practices
  - a. Resistance exercises
  - b. Cardiorespiratory exercises
  - c. Flexibility exercises

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

## **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Attendance and participation
- Pre- and post-fitness assessments
- Journal, exam, or written assignment

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

## **Other Course Information**

This is a physical activity course and proper attire for swimming is required.

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