

PEAQ 107
Aqua Zumba
1 Credit

Community College of Baltimore County
Common Course Outline

Description

PEAQ 107 – Aqua Zumba: develops the physical fitness level of the student using the water as resistance by performing low impact activities. Aqua Zumba blends a water-based workout with cardio-conditioning, body toning, and functional movements in a challenging workout choreographed to Latin music. World-wide dance styles such as merengue, salsa, reggaeton, mambo, rumba, flamenco, and calypso are incorporated into the 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.

Overall Course Objectives

Upon completion of this course, students will be able to:

1. evaluate personal fitness levels and compare with 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. analyze the relationship between nutrition and physical fitness;
7. develop a plan for lifelong physical fitness;
8. analyze improvements in strength, flexibility, body composition, and cardiorespiratory endurance; and
9. demonstrate knowledge of body mechanics and safe aquatic practices during activity.

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

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

- a. Aquatic safety
- b. Aqua Zumba techniques
- c. Aquatic techniques

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
- 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.

Date Revised: 5/3/2022