

PEAQ 108

Aqua Yoga

1 Credit

Community College of Baltimore County

Common Course Outline

Description

PEAQ 108 – Aqua Yoga: combines the benefits of traditional yoga in an aquatic environment, which has less stress on the joints and provides a feeling of success by allowing students to experience postures they may be unable to achieve on land. From a mind-body standpoint water is very comforting, which enhances relaxation and readies our minds for a deeper meditative experience. The aquatic environment may allow students to achieve a greater range of motion and increase muscle flexibility.

Overall Course Objectives

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

1. perform yoga exercises in the pool;
2. define the principles of physical fitness;
3. describe how aqua yoga improves muscular endurance and flexibility;
4. demonstrate personal safety skills during water exercise;
5. compare personal fitness levels with established norms;
6. describe the health benefits of regular physical activity;
7. describe the correlation between aqua yoga and the reduction in stress levels;
8. develop a plan for short- and long-term personal fitness goals;
9. analyze the relationship between nutrition (dietary intake) and physical fitness;
10. practice cooperation in an aquatic activity;
11. analyze improvements in strength, flexibility, body composition and cardiorespiratory endurance; and
12. demonstrate knowledge of body mechanics and safe aquatic practices during activity.

Major Topics

- I. Assessment of physical fitness and interpretation of results, (cardiorespiratory endurance, flexibility, muscular strength/ endurance, and body composition;
- II. Personal Fitness Goals, (setting appropriate short- and long-term goals)
- III. Principles of Exercise, warm-up and cool-down, Frequency, Intensity, Time, Type (FITT) Principle, Principles of Overload, heart rate calculations and monitoring;
- IV. Nutrition and diet
- V. Techniques and practice
 - a. Aquatic safety procedures
 - b. Aqua yoga techniques

Course Requirements

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

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

- Attendance and class participation is required to meet course objectives
- One written exam
- One writing assignment
- Pre & Post Physical Fitness Assessment

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.

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