

KIN 146: WATER EXERCISE

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2022
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Low impact water exercise class provides a better understanding of body movement while in the water. Designed to develop strength, flexibility, cardiovascular endurance, and coordination. 18 lecture hours, 18 lab hours.

Course Objectives

- Demonstrate strength, flexibility, cardiovascular endurance, and coordination while working out with water exercises
- Interpret kinesthetic awareness of the human body and movement through performance of water exercises
- Understand the role of proper nutrition as it relates to weight management
- Demonstrate an understanding of the benefits of aquatic exercise in reducing health risks

Major Course Content

1. Introduction to Exercise in the Aquatic Environment
2. Water Safety Provisions
3. Basic Fitness Development
 - a. Drills to improve cardiovascular fitness
 - b. Drills to improve flexibility
 - c. Drills to use the resistance of water to develop strength
 - d. Drills to improve coordination
 - e. Drills to improve balance
4. Aquatic Fitness Equipment
5. Shallow-Water Exercise
6. Deep-Water Exercise
7. Basic Nutrition and Weight Management
8. Exercise Anatomy, Physiology and Movement Analysis
9. Health Risk Appraisal and Physical Screening

Lab Content

1. Basic Skills
 - a. Flexibility exercises (Non-locomotor)
 - i. Poolside stretches
 1. Bicep/Tricep
 2. Hamstring (BMT)/Hip Flexor (Illiopsoas)
 3. Spinal Erectors/ Core Flexors
 - b. Cardiovascular exercises (Locomotor)
 - i. Movement intervals
 - ii. Directional changes- front and back
 - c. Resistance exercises (Manipulative)
 - i. Body Weight
 - ii. Foam Free Weights
 - iii. Kickboards
 - iv. Water Noodle
 - d. Coordination activities (Manipulative/Locomotor)
 - i. Hi-Lo Intensity choreography
 - ii. Plyometric- jumping, swim, twisting
2. Refine Skills
3. Intermediate/ Advanced Skills
 - a. Skulling
 - b. Using Props
 - c. Explosive Movement
 - i. Single leg jumping
 - ii. Side and backward motions

Suggested Reading Other Than Required Textbook

Instructor handouts.

Examples of Required Writing Assignments

Examinations and personal journal of progress with water exercises related to student IEP (individual exercise plan).

Examples of Outside Assignments

Identify and explain basic personal safety guidelines while involved in water exercises.

Develop a plan of water exercises to improve cardiovascular endurance, muscular endurance, muscular strength, balance, and flexibility.

Instruction Type(s)

Lab, Lecture, Online Education Lab, Online Education Lecture