

NC 901: WATER AEROBICS

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	0
Lecture Hours :	0
Lab Hours:	36
Hours Arranged:	0
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Non-Credit Course

Catalog Course Description

This class is designed for all ability levels and introduces basic fitness components through movement and exercise in the pool. Students will develop strength, flexibility, balance, coordination, and cardiovascular fitness within a shallow water aerobic format. 36 lab hours.

Course Objectives

- Improve 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
- Demonstate a variety of water exercises to improve fitness

Major Course Content

All Lab Content

Lab Content

1. Basic Skills
 - a. Flexibility exercises (Non-locomotor)
 - i. Poolside stretches
 1. Upper body stretches
 2. Lower body stretches
 3. Back/core stretches
 - b. Cardiovascular exercises (Locomotor)
 - i. Movement intervals
 - ii. Directional changes- front and back, side to side
 - 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

Suggested Reading Other Than Required Textbook

Instructor handouts

Examples of Required Writing Assignments

Journaling physical activity

Examples of Outside Assignments

Home workouts

Instruction Type(s)

Lab