Reynolds Community College
Course Content Summary

Course Prefix and Number: PED 140
Credits: 2

Course Title: Water Aerobics

Course Description: Focuses on cardiovascular endurance, muscular endurance, and flexibility using water resistance. Includes the principles and techniques of aerobic exercise. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

General Course Purpose: Students will gain proficiency and confidence in the water by learning various water skills, effective locomotion skills, along with an appreciation of water aerobics as a lifelong physical activity option. The course serves as a general education wellness elective for programs that require a personal wellness elective.

Course Prerequisites and Co-requisites: None

Course Objectives:
Upon completing the course, the student will be able to:

a. Recognize the value and benefits of water aerobics as a form of lifetime physical activity;
b. Describe the basic guidelines for universal water safety and rules around the pool environment;
c. Describe the basic properties of water (temperature, buoyancy, resistance, eddy/drag);
d. Define the following terms relative to the meaning when connected with a water aerobics program: frequency, intensity, and time;
e. Explain skeletal alignment and body mechanics while emphasizing an intelligent use of the body;
f. Demonstrate a safe and effective warm-up, flexibility workout, cardiovascular workout, muscular strength and endurance workout, and cool-down in the water;
g. Describe a variety of methods to modify water aerobic workouts to increase individualized intensity;
h. Perform a variety of methods for monitoring intensity in the water; and
i. Describe the process for realistic goal setting for gradual progress in a water aerobics program.

Major Topics to be Included:

a. Water Aerobics as a Fitness Activity
b. Benefits of Water Aerobics
c. Equipment and Safety
d. Properties of Water
e. FITT Principles
f. Body Mechanics
g. Cardiovascular Guidelines
h. Muscular Strength and Endurance Guidelines
i. Flexibility Guidelines
j. Intensity in the Water
k. Water Aerobics Programs

Effective Date of Course Content Summary: September 23, 2014