

HHPA 183 : WATER AEROBICS

Transcript title

Water Aerobics

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Introduces water aerobics which improves cardiovascular endurance, muscular strength and flexibility in a low-impact environment.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of swimming to develop overall physical fitness and enhance sport activities.
3. Identify the unique properties of water.
4. Improve cardiovascular fitness with minimal stress to the joints.
5. Demonstrate proper usage of various water resistive equipment through buoyancy.

Content outline

- Intro to Water Aerobics
- Dry land orientation
- Water Exercise drills
- Heart rate worksheet
- Water resistive equipment utilization

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

- Health