JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Water Aerobics

Course Abbreviation and Number: PHE 1690 **Credit Hour:** 1 **Course Type:** Lecture/Lab

Course Description: Students will perform uniquely designed exercises for specific muscle groups in the water. Students will become more fit through an exercise form that features repetition and resistance combined with normal body movements. Music and games will add variety and interest to the program.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Demonstrate and understand how to take their heart rate
2. Demonstrate the ability to assess intensity level of cardio respiratory endurance
3. Calculate their personal target heart rate zone
4. Identify various aquatic exercises and the muscles or muscle groups they benefit
5. Identify the benefits of water exercise as supposed to land exercise

Topics Covered:

- Introduction to the course
- Benefits of aerobic activity performed in the water
- Components of an aerobic program
    - Warm-up
    - Cool-down
    - Flexibility
- Components needed for an increase in cardiovascular fitness: frequency, intensity, time and type of activity (F.I.T.T. principle)
- Introduction to water aerobic exercises
- Introduction to water aerobic routines

Information for Students

- Expectations of Students
    - Civility Statement
    - Student Responsibility Statement
    - Academic Integrity Statement
- Accessibility Services
  Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- Get Help: JCC & Community Resources
- Emergency Closing Procedures
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0

- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2022