

BERGEN COMMUNITY COLLEGE  
Division of Division of Arts Humanities & Wellness  
Wellness Exercise Science Department  
Departmental Policy Syllabus

COURSE TITLE: WEX-104 Aquacise

COURSE CREDITS/HOURS 2 labs; 1 credit

PREREQUISITE: None

**COURSE DESCRIPTION:**

Aquacise is an opportunity for the student to increase fitness through aquatic activities such as in-the-water stretching, running, and callisthenic movements. A comfortable exercise program will be adapted to each person's tolerance level. No swimming ability is required.

**STUDENT LEARNING OBJECTIVES**

As a result of meeting the requirements in this course, students will be able to:

- A. Demonstrate fundamental skills of aquatic exercise such as: treading water, floating, changing positions in the water.
- B. To explore selected aquatic skills as calisthenics, use of resistance equipment, steady state swimming, and stroke techniques
- C. Develop improved skills, such as aerobic capacity, muscular endurance/strength and flexibility.
- D. Analyze the heart rate levels and/or perceived exertion relative to individual work-out.

**ASSESSMENT CREITERIA**

As a result of meeting the requirements in this course, students will be able to:

- A. Physically perform the skills of lifting free weights and exercise equipment.
- B. Physically demonstrate improvement in cardiorespiratory stretching and weight training exercises.
- C. List and briefly describe the benefits of changing workouts periodically.
- D. Describe the relative importance of heart rate and/or perceived exertion to various exercise modes.

**CONTENT OUTLINE**

- A. Course Orientation
  1. Procedures and requirements
  2. Structure of course: Laboratory components
  3. Evaluation of methods: reading assignments, writing assignments and tests
- B. Warm-Up: Students have a choice of how they increase circulation before they begin respective exercise routines.
- C. Work-out:
  1. Students are taught progressive resistance exercise routines.
  2. Students are taught to individualize their weight training routines to specific goals and needs.
- D. Flexibility exercise routines are individually taught with regard to individual goals and needs.
- E. Developing and Maintaining Physical Fitness components:
  1. Principles of training – frequency, intensity and duration.

2. Exercise precautions and injuries
3. Nutritional Recommendations
4. Designing fitness program – present, future considerations
5. Stress management considerations

#### ATTENDANCE POLICY

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of the course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

#### RULES & REGULATIONS

At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures essential to student life on campus. Every student is responsible for knowing the information included in the catalog and academic calendar.

#### ACADEMIC & STUDENT FACILITIES

Students are referred to the College Catalog which contains a complete listing and description of available facilities and services including but not limited to: the Silverman Library, Office of Specialized Services, Bookstore, Graphics lab, Tutoring Center, Wellness Center and Athletic and Exercise Facilities, etc.

#### TEXTBOOKS

Pruitt, /B.E. and Jane J. Stein, Decisions for Healthy Living, New York: Pearson, 2004.

#### PROPOSED COURSE CALENDAR

Week	<u>Class Material</u>	<u>Reading/Activity</u>
1	Class orientation to course	
2	Medical on file	Final check
3	Review fitness components	Lecture demonstration
4	Standing water drills	Demonstration/activity
5	Endurance test	Demonstration/activity
6	Kick board drills	Demonstration/activity
7	Buoy endurance drills	Demonstration/activity
8	Endurance test	Demonstration/activity

<u>Week</u>	<u>Class Material</u>	<u>Reading/activity</u>
9	Kick board drills	Demonstration/activity
10	Abdominal endurance drills	Demonstration/activity
11	Lap swimming drills	Activity
12	Interval swimming drills	Demonstration/activity
13	Survival skills	Demonstration/activity
14	Evaluate Progress/skill	Activity
15	Final evaluation	Activity

Course sequence and content are subject to change without notice as emphasis on course content may vary.

Revised June 4, 2014