COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Aerobics (Aqua)
COURSE NUMBER	EXSC-0101
DIVISION	Math, Science, Business & Technology
DEPARTMENT	Exercise Science
CIP CODE	24.0199
CREDIT HOURS	1
CONTACT HOURS/WEEK	Class: 1
PREREQUISITES	None
COURSE PLACEMENT	None

COURSE DESCRIPTION
Students will meet as a group with an aqua aerobics instructor two times per week. Students are not expected to have prior understanding of aqua aerobics. The course will take place in a swimming pool and will include cardiovascular and resistance training to aerobic music led by a certified aquatic instructor. There may be many levels of participation, and the instructor will cater the class so that everyone can enjoy the instruction at their own level. This is also a chance to form new friendships, and meet people with similar interests. A physician's recommendation is required for the following individuals: Men over 40, women over 50, individuals with cardiovascular disease, asthma, diabetes or any known disease or orthopedic injury. If you are unsure of your situation, please discuss this with your instructor prior to participating in this class.

TEXTBOOKS
http://kckccbookstore.com/

METHODS OF INSTRUCTION
A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE
I. Physical Activity Readiness Questionnaire
II. Student Information Profile
III. Consent Form

IV. Each class will consist of a 5 minute warm-up, 20 – 30 minutes of water aerobics, a 5 minute cool down, and 10 – 15 minutes of muscle toning.
V. Basic health concepts such as heart rate checks, nutrition analysis, basic nutrition facts, stretching and flexibility are taught.

COURSE LEARNING OUTCOMES

Upon successful completion of this course, the student will:

A. Be able to improve cardiovascular endurance
B. Be able to improve muscular strength and endurance
C. Be able to improve flexibility
D. Be able to enhance body composition

ASSESSMENT OF COURSE LEARNING OUTCOMES

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES

Student Handbook
https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf

College Catalog
https://www.kckcc.edu/academics/catalog/index.html

College Policies and Statements
https://www.kckcc.edu/about/policies-statements/index.html

Accessibility and Accommodations
https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html.