

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

X Transfer Course    X A.A. Degree applicable course  
(check all that apply)

**COURSE NUMBER AND TITLE:** PE 127 Aquatic Exercises

**UNIT VALUE:** 1, 1.5, 2.0

**MINIMUM NUMBER OF SEMESTER HOURS:** 32, 48, 64

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS:** None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

Rhythmical and aerobic movement in water designed to improve flexibility, strength, and endurance.

**SPECIFIC COURSE OBJECTIVES:**

Successful students will:

1. apply principles of proper body mechanics while performing aquatic exercises.
2. evaluate how aquatic exercises rehabilitate and strengthen certain areas of the body.
3. justify personal skill development.
4. analyze cardio-vascular fitness, strength, and flexibility.
5. identify social atmosphere and ability to interact with other students.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Pre-testing and evaluation
  - A. Dr. Cooper's swim test
  - B. Lean body mass
  - C. Blood pressure
  - D. Flexibility
  
- II. Activities
  - A. Warm-up
  - B. Water exercises

- C. Cardio-vascular workout
- D. Drills using water containers
- E. Stretching
- F. Cool down

- III. Post-testing
  - A. Dr. Cooper's swim test
  - B. Lean body mass
  - C. Blood pressure

**REQUIRED READING:**

Instructor-generated handouts.

**SUGGESTED READING:**

None.

**REQUIRED WRITING:**

Skills demonstration is more appropriate.

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

Read and study handouts and lecture notes. Practice skills, and study for exams.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply:**

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

Participation	70%
Skills demonstration	20%
Exams	10%

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes  No  Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable: 58161 (c) (2) (A) and (B)

**CONTACT PERSON:** Patricia Waterman Extension 2485

<b>SIGNATURES ON FILE</b>
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