

COURSE OUTLINE

LFIT-117

Aquafit

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

Aquafit is a vertical water fitness program designed to improve cardiorespiratory endurance, muscular strength, and flexibility of participants. The course will help the student increase fitness level, improve muscle tone, and look and feel better. Aquafit will be individualized to fit each student's fitness level and swimming ability. (No prerequisites).

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Develop a plan to incorporate a personal aquatic fitness program into student's lifestyle.
2. Describe the benefits of aquatic exercise for all persons, especially those with physical limitations and/or sport injuries.
3. Demonstrate the concepts and principles of fitness development through participation in class sessions.
4. Demonstrate the various aspects of aquatic aerobics.
5. Demonstrate activities related to aquatic fitness.
6. Demonstrate basic exercise and aquatic safety concepts and describe specific safety concerns as they relate to aquatic exercise.
7. Use accessory equipment to enhance fitness benefits from aquatic exercise including hand paddles, flotation devices, and bands.

Major Topics

1. Five major components of physical fitness.
2. Karvonen, Borg and other methods to estimate target heart rates (THR)
3. Basic aquatic laws of physics and their application in aquatics.
4. Interval training as applied to aquatics.
5. Basic nutrition in conjunction with aquatic exercise as an aid in weight reduction.
6. Basic aquatic safety for non-swimmers.

Course Requirements

Grading/Exams:

Grading procedure will be determined by the individual faculty member, but will include the following:

1. Strong emphasis on participation and attendance.
2. One final exam, either take-home or in class.