

# Common Course Outline

PEAQ 145

Swimnastics

2 Semester Hours:

## The Community College of Baltimore County

### Description

Swimnastics

Studies and practices various conditioning programs designed to attain and maintain physical fitness through activities while the body is submerged in water; emphasizes water exercises, water jogging and aqua-rhythmic; introduces the nine fundamental swim strokes in a routine or composition set to music.

### Overall Course Objectives

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

1. calculate their specific target heart rate for cardiovascular endurance training effect;
2. demonstrate a variety of aquatic exercises designed to improve overall flexibility;
3. provide numerous techniques and training programs designed to strengthen the skeletal muscles in the water;
4. perform cardio aquatics for thirty continuous minutes;
5. perform both shallow and deep water Swedish water walking;
6. explain the overall benefits and therapeutic effects of aquatic vs. land based exercise;
7. analyze the effects of aquatic exercise on joint based injury/disease;
8. explain the effects of aquatic exercise for weight control with respect to toning and burning calories;
9. demonstrate improved levels of fitness in the components of flexibility, cardio endurance, muscular endurance and strength.

### Major Topics

1. Cardiovascular endurance and target heart zones
2. Aquatic vs. land based exercise
3. Flexibility aquatic training
4. Joint structure, injury, and disease
5. Weightbearing exercise and strength
6. Toning and Weight loss through aquatics
7. Muscle Balance

### Course Requirements

1. One written examination
2. In class aquatic participation activities
3. Physical Assessment Pre/Post Measurements
4. Cardio Recovery Pre/Post Testing

## **Other Course Information**

This course is taught in the campus pool; since much of the course is conducted in the shallow water, swimming ability is not required. It is highly recommended to participate fully in the totality of class activities.

Swimnastics has no prerequisite and is recommended as a fitness/wellness program for all students regardless of age, gender or physical ability. The course is elective and does not satisfy General Education graduation requirements.

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.