

**Common Course Outline**  
**RECR 260/PEAQ 260**  
**Aquatic Programs Overview**  
**3 Semester Hours**

**The Community College of Baltimore County**

**Description**

**Aquatic Programs Overview** presents an overview of the programs available in pool, beach, and aquatic services delivery. Students experience the various activities that occur in these venues as they develop skills in organizing and administering program content in these unique facilities. Programs explored are swimnastics, aqua-fitness, adapted aquatics, synchronized swimming, water polo, snorkeling, SCUBA, boating sports, swim lessons, competitive swimming and diving, and other contemporary water activities. 3 credits: 3 lecture hours and 1 laboratory hour per week. \$100 lab fee. Swimming proficiency demonstration required.

**Overall Course Objectives**

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

1. trace the historical foundations of aquatics from ancient times to today's modern society;
2. delineate the boom in public swimming from the late 19<sup>th</sup> through the 21<sup>th</sup> centuries;
3. delineate the different professional organizations that promote aquatics today;
4. determine clientele for aquatic facilities and how to market to increase diversity;
5. participate in a swimnastics session;
6. participate in an aqua-fitness session;
7. participate in an adapted aquatics session;
8. participate in a water polo or other water sport game;
9. participate in a snorkeling and SCUBA session;
10. observe three out-of-class aquatic programs not covered above;
11. identify problem situations encountered in the programming of an aquatics facility – indoor pool, outdoor pool, lakeshore, waterpark, or ocean beach;
12. create solutions for identified problem situations in the above sites; and
13. create a comprehensive schedule for an aquatics facility incorporating a balanced program.

**Major Topics**

- I. History of aquatics and aquatics programs
- II. Programming an aquatic facility
- III. Water fitness programs – swimnastics, aqua-aerobics, water walking, deepwater exercise
- IV. Adapted aquatics
- V. Masters swimming programs
- VI. Synchronized swimming
- VII. Water sports – water polo, water basketball, underwater hockey
- VIII. Snorkeling and Snuba
- IX. Skin diving and SCUBA
- X. Boating sports

- XI. Swim lessons
- XII. Competitive diving and swimming
- XIII. Marketing aquatics programs for a diverse clientele
- XIV. Professional aquatics certification programs

### **Course Requirements**

Grading/exams/writing assignments: Grading procedures will be determined by the individual faculty member but will include the following:

- ◆ Reading textbook and handouts
- ◆ Participation in water and pool related activities
- ◆ Creating a professional program plan for an aquatic facility.
- ◆ Plan and lead one aquatic activity for a total of ten to twenty minutes.
- ◆ There is one exam and a final.

### **Other Course Information**

This is a minimum course outline. Individual instructors have the right to add additional requirements.

The Community College of Baltimore County is committed to providing a high-quality learning experience that results 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 classes, completing all homework and other assignments, participating in class activities and preparing for tests.

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes and skills appropriate to various courses and programs. The assessment activities may take many forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvements of CCBC's courses and programs.