

Common Course Outline

PEFT 116

Fitness for Life Aquatics

3 semester hours

The Community College of Baltimore County

Description

The fitness for Life Course embodies a synthesis of performance and wellness concepts and skills. It employs a specific movement activity to assist the student in the comprehension and expression of the following: integrating physical activity as a personal health behavior, the universality of the body, body organization and awareness, moving as meditation, fitness appraisal and interpretation of results, nutritional concepts, training principles, and fitness across the lifespan. Prerequisites: Reading level 1, English level 1

Aquatics

This course emphasizes aquatic activities including recreational and competitive swimming strokes, survival skills, and aquatic fitness exercises. Students will apply the concepts presented in Fitness for Life during the aquatic sessions.

Overall Course Objectives

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

1. Evaluate personal fitness levels through fitness testing.
2. Establish realistic goals based upon wellness assessment.
3. Demonstrate knowledge of physical fitness concepts and practices.
4. Complete a personal nutritional analysis.
5. Demonstrate knowledge of hydrodynamic principles.
6. Demonstrate improvement in basic swimming skills.
7. Identify and describe the health-related components of fitness.
8. Describe how personal fitness is related to emotional, intellectual, environmental, social and spiritual well being.
9. Construct a lifelong plan for personal fitness and wellness.

Major Topics

1. Health & wellness appraisal
2. Fundamentals of muscular strength and endurance
3. Body composition
4. Flexibility
5. Nutrition
6. Principles of hydrodynamics
7. Components of strokes
8. Aquatic safety and non-swimming rescues
9. Aquatics as an aid to fitness

Course Requirements

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but will include the following:

1. Written exams and quizzes
2. Fitness appraisal
3. Nutritional analysis
4. Fitness journal

Other Course Information (sample)

1. The Community College of Baltimore County is committed to providing a high-quality learning experience that results in 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 classes, completing all homework and other assignments, participating in class activities and preparing for tests.
2. This course satisfies the general education requirements of the Interdisciplinary and Emerging Issues, area one.
3. Attendance and participation in all class activities is essential for the successful completion of the course objectives.