

EASTERN ARIZONA COLLEGE

Beginning Swim Aerobics I

Course Design
2016-2017

Course Information

Division Health & Physical Education
Course Number HPE 101BA
Title Beginning Swim Aerobics I
Credits 1
Developed by Jim Bagnall
Lecture/Lab Ratio 0 Lecture/2 Lab
Transfer Status

ASU	NAU	UA
EXW 105, KIN 105	PES 100	PE Departmental Elective, PE Activity Credit limit of three units

Activity Class Yes
CIP Code 31.0501
Assessment Mode Portfolio
Semester Taught Fall and Spring
GE Category AAS degree only
Separate Lab No
Awareness Course No
Intensive Writing Course No

Prerequisites

None

Educational Value

For students who can benefit from learning lifetime skills and want to increase their physical fitness level.

Description

Designed to assist the student in developing overall physical fitness.

Supplies

Work out attire for the swimming pool

Competencies and Performance Standards

1. Discuss safety concerns associated with exercising.

Learning objectives

What you will learn as you master the competency:

- a. Explain the proper technique types of stretching exercises.
- b. Explain the proper use of spacing and alignment of class participants.
- c. Explain the proper technique and types of exercises.
- d. Explain the proper use of hand resistance weights.

Performance Standards

Competence will be demonstrated:

- o by passing an exam with a score of 80%

Criteria - Performance will be satisfactory when:

- o learner explains the proper technique types of stretching exercises
- o learner explains the proper use of spacing and alignment of class participants
- o learner explains the proper technique and types of exercises
- o learner explains the proper use of hand resistance weights

2. Perform effective aerobic exercises in the water.

Learning objectives

What you will learn as you master the competency:

- a. Perform appropriate warm-up, pre-stretch, and final stretch routines.
- b. Perform aerobic activity routines.
- c. Perform appropriate strength work routines.
- d. Perform appropriate cool-down routines.

Performance Standards

Competence will be demonstrated:

- o by passing an exam with a score of 80%

Criteria - Performance will be satisfactory when:

- o learner performs appropriate warm-up, pre-stretch, and final stretch routines
- o learner performs aerobic activity routines
- o learner performs appropriate strength work routines
- o learner performs appropriate cool-down routines

Types of Instruction

Classroom Presentation and Demonstration

Grading Information

Grading Rationale

Participation 90%

Portfolio/Exam 10%

Grading Scale

A	90% or above
B	80-89%
C	70-79%
D	60-69%
F	59% or below