EASTERN ARIZONA COLLEGE
Beginning Swim Aerobics II
Course Design
2016-2017

Course Information
Division          Health & Physical Education
Course Number     HPE 102BA
Title             Beginning Swim Aerobics II
Credits           1
Developed by      Jim Bagnall
Lecture/Lab Ratio 0 Lecture/2 Lab

<table>
<thead>
<tr>
<th>Transfer Status</th>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<tbody>
<tr>
<td></td>
<td>EXW 105, KIN 105</td>
<td>PES 100</td>
<td>PE Departmental Elective, PE Activity Credit limit of three units</td>
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Activity Course    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