Course Information

Division: Health & Physical Education
Course Number: HPE 202BA
Title: Advanced Swim Aerobics II
Credits: 1
Developed by: Jim Bagnall
Lecture/Lab Ratio: 0 Lecture/2 Lab

Transfer Status:

<table>
<thead>
<tr>
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<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<td>EXW Dept Elective, KIN 205</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