

PHED-1320 AQUA FIT: COMMON

SYLLABUS

CATALOG DESCRIPTION

AQUA FIT: WATER AEROBICS 1 CREDIT

Introduces the student to water aerobics and is designed as a comprehensive water exercise regimen. Students practice various aquatic exercises and techniques in a safe environment to develop strength, endurance, and flexibility.

Formerly PHED 121 Aquacise

Prerequisites: None

Semester Offered: Fall, Spring

CATALOG DESCRIPTION

AQUA FIT: LAP SWIM / WATER WALK 1 CREDIT

Introduces the student to water aerobics and is designed as a comprehensive water exercise regimen. Students practice various aquatic exercises and techniques in a safe environment to develop strength, endurance, and flexibility.

Formerly PHED 122 Lap Swim/Water Walk

Prerequisites: None

Semester Offered: Fall, Spring

COMMON STUDENT LEARNING OUTCOMES

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

BROAD AND SPECIALIZED LEARNING

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

CRITICAL THINKING

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

CULTURAL AND CIVIC ENGAGEMENT

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

EFFECTIVE COMMUNICATION

Students will exchange ideas and information with clarity in multiple contexts.

INFORMATION LITERACY

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

COURSE LEARNING OUTCOMES

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

1. Demonstrate knowledge of fitness principles.
2. Understand the safety regulations involved in aquatics.
3. Demonstrate a basic understanding of a water aerobics training session.
4. Demonstrate various movements and techniques to increase flexibility, coordination, strength, and endurance.