DATE OF LAST REVIEW: 2011
CIP CODE: 24.0199
SEMESTER: Departmental Syllabus
COURSE TITLE: Aerobics (Aqua)
COURSE NUMBER: EXSC0101
CREDIT HOURS: 1
INSTRUCTOR: Departmental Syllabus
OFFICE LOCATION: Departmental Syllabus
OFFICE HOURS: Departmental Syllabus
TELEPHONE: Departmental Syllabus
EMAIL: Departmental Syllabus

KCKCC issued email accounts are the official means for Electronically communicating with our students.

PREREQUISITES: Participants must be able to swim and have no fear of the water.

REQUIRED TEXT AND MATERIALS:

Please check with the KCKCC bookstore, http://www.kckccbookstore.com/, for the required texts for your particular class.

COURSE DESCRIPTION:

Students will meet as a group with an aqua aerobics instructor two times per week. Students are not expected to have prior understanding of aqua aerobics. The course will take place in a swimming pool and will include cardiovascular and resistance training to aerobic music led by a certified aquatic instructor. There may be many levels of participation, and the instructor will cater the class so that everyone can enjoy the instruction at their own level. This is also a chance to form new friendships, and meet people with similar interests. A physician’s recommendation is required for the following individuals: Men over 40, women over 50, individuals with cardiovascular disease, asthma, diabetes or any known disease or orthopedic injury. If you are unsure of your situation, please discuss this with your instructor prior to participating in this class.

METHOD OF INSTRUCTION:

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and
presentations, speeches, debates, and panels, conferencing, learning experiences, and performances outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

I. Physical Activity Readiness Questionnaire  
II. Student Information Profile  
III. Consent Form  
IV. Each class will consist of a 5 minute warm-up, 20-30 minutes of water aerobic, a 5 minute cool down, and 10-15 minutes of muscle toning.  
V. Basic health concepts such as heart rate checks, nutrition analysis, basic nutrition facts, stretching and flexibility are taught.

EXPECTED LEARNER OUTCOMES:

A. The student will be able to improve cardiovascular endurance  
B. The student will be able to improve muscular strength and endurance  
C. The student will be able to improve flexibility  
D. The student will be able to enhance body composition.

COURSE COMPETENCIES:

The student will be able to improve cardiovascular endurance
1. The student will be able to improve or maintain cardiovascular endurance.  
2. The student will be able to employ techniques learned in class to self-train the cardiovascular system.  

The student will be able to improve muscular strength and endurance
3. The student will be able to explain the required intensity, duration and frequency of training.  

The student will be able to improve flexibility
4. The student will be able to improve and maintain flexibility.  
5. The student will be able to improve agility, coordination, rhythm and timing.  
6. The student will be able to improve core (abdominal) strength and endurance.  

The student will be able to enhance body composition
7. The student will be able to demonstrate self-motivation.  
8. The student will be able to demonstrate various water aerobic skills.

ASSESSMENT OF LEARNER OUTCOMES:  
Student progress is evaluated by means that include, but are not limited to, exams, written assignments, and class participation.

SPECIAL NOTES:  
This syllabus is subject to change at the discretion of the instructor. Material included is meant to provide an outline of the course and rules that the instructor will adhere to in evaluating the student's progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.
Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact the Director of Academic Resource Center at 913-288-7670
KANSAS CITY KANSAS COMMUNITY COLLEGE

COMPETENCY INDEX

Course Number/Section/Title: ___________________________________________

Student Name:______________________________  Student Number:___________________

Instructor:_________________________________  Division:_________________________

RATING SCALE for Competency Achievement

<table>
<thead>
<tr>
<th>Rating</th>
<th>Competency</th>
</tr>
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<tbody>
<tr>
<td>4</td>
<td>Superior</td>
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<tr>
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</tr>
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<tr>
<td>0</td>
<td>Failure</td>
</tr>
<tr>
<td>NA</td>
<td>Not addressed</td>
</tr>
</tbody>
</table>

DIRECTIONS:

Evaluate the student by checking or highlighting the appropriate number to indicate the degree of competency achieved.

1. The student will be able to improve or maintain cardiovascular endurance.
2. The student will be able to employ techniques learned in class to self-train the cardiovascular system.
3. The student will be able to explain the required intensity, duration and frequency of training.
4. The student will be able to improve and maintain flexibility.
5. The student will be able to improve agility, coordination, rhythm and timing.
6. The student will be able to improve core (abdominal) strength and endurance.
7. The student will be able to demonstrate self-motivation.
8. The student will be able to demonstrate various water aerobic skills.

Check one of the following:

_____ I certify that the student completed the course and the competencies indicated as indicated.

_____ I certify that the student completed 25% of the course competencies, as indicated.

_____ I certify that the student did not completed 25% of the course competencies.

Instructor Signature:_____________________________________