



## PE 1310

**Division:** Social and Behavioral Science

**Department:** Physical Education

**Course:** PE 1310

**Title:** Water Fitness

**Catalog Description:**

This course provide students the opportunity to increase physical fitness through a variety of cardiorespiratory, strength, and flexibility exercises in the swimming pool. This course is repeatable for credit.

**General Education Requirements:** N/A

**Semesters Offered:** Fall, Spring

**Credit/Time Requirement:** Credit: 1; Lecture: 0; Lab: 2

**Clock/Hour Requirements:** 0

**Offered for Non-Credit:** No

**Justification:**

This course fulfills elective credit at Utah State University (PE 1315), Weber State University (PE 1310), Dixie State College (PE 1315), and Utah Valley State College (PE1315).Lifetime fitness activities such as water aerobics develop physical conditioning and skills that form the basis of a healthful life-style. This is important in a society with so many health dangers related to sedentary life-styles. Water aerobics is especially good for populations that may not be able to do other workouts due to weight or injuries since it is a low impact, non-weight bearing activity.

**Student Learning Outcomes:**

The pool workout provides exercises that work the cardiorespiratory system and the muscular system with aerobic, strength and flexibility exercises. Ultimately, students are trained to develop the knowledge and skills of a lifetime fitness program necessary to maintain a healthy body.

**Content:**

The pool workout consists of:

- a warm up period
- cardiorespiratory conditioning
- strength exercises that work the major muscle groups of the body
- flexibility exercises
- cool down

**General Education Outcomes:**

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

This class is designed to develop strength, cardiorespiratory endurance, and flexibility through habitual

repetition and daily critical feedback of workouts. Cardiorespiratory endurance, strength, and flexibility are the primary components of a lifetime fitness program. These components of fitness have significant scientific data supporting positive health outcomes for individuals who utilize them in lifestyle choices.

**Key Performance Indicators:**

Assessment is based on the following approximate values: Attendance/Participation about 75% of the grade. The written final is about 25%.

**Representative Text and/or Supplies:**

Instructor handouts and videos.

**Optimum Class Size: 25**

**Maximum Class Size: 30**

**Signatures:**

I hereby submit this course syllabus:

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Virgil Ash, M.A., Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

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Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

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Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)