

**SEWARD COUNTY COMMUNITY COLLEGE
COURSE SYLLABUS**

I. TITLE OF COURSE: PE1351- Aquarobics for Seniors

**II. COURSE DESCRIPTION: 1 credit hours
0 credit hours of lecture and 1 credit hours of lab per week.**

This course is a variety of basic aerobic exercises and wall toning in the water to improve muscle strength, muscle endurance, flexibility, cardiovascular endurance and body composition. For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

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Pre-requisite: None

III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:

The SCCC physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

IV. TEXTBOOK AND MATERIALS:

None

V. SCCC OUTCOMES

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

9: Exhibit workplace skills that include respect for others, teamwork competence, attendance/punctuality, decision making, conflict resolution, truthfulness/honesty, positive attitude, judgment, and responsibility

VI. COURSE OUTCOMES:

1. To learn their target heart rate and training zone.
2. To learn the importance of physical activity and how it relates to their lifestyle.
3. To progress at their own rate.
4. To improve their level of fitness, attitude, and well being.

VII. COURSE OUTLINE:

1. Introduction and safety
2. Basic movements
3. Wall aerobic exercises and wall-toning exercises
4. Healthy lifestyles

VIII. INSTRUCTIONAL METHODS:

1. Demonstration
2. Observation

3. Discussion

IX. INSTRUCTIONAL AND RESOURCE MATERIALS:

1. SCCC Aerobics Manual
2. Handouts

X. METHODS OF ASSESSMENT:

SCCC Outcome #9 will be based on attendance and participation.

XI. ADA STATEMENT:

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.

Syllabus Reviewed: 12/11/2018 15:21:13