

STUDENT LEARNING OUTCOMES:

At the completion of this course the successful student will be able to differentiate a variety of aquatic conditioning while using basic swimming strokes and obtaining a moderate level of physical fitness.

Course Prefix and Number: PE 155 F
Semester and Year Approved:
Semester and Year Revised: Fall 1991
Semester and Year Effective:

**FULLERTON COLLEGE
COURSE OUTLINE**

Division: **PHYSICAL EDUCATION**
Department/Subject Area: **PHYSICAL EDUCATION**
Course Prefix: **PE**
Course Number: **155 F**
Course Title: **ADULT AQUATIC CONDITIONING**
Units: **1**
Lec Hours: Full Term Hrs/Wk.
Lab Hours: Full Term Hrs./Wk. **3**
Assignment Preparation Hours:
Prerequisite, Co-requisite, or Advisory Validation Date:
Prerequisite(s):
Corequisite(s):
Advisory(ies):
(Rev. 7/98) outline.wpt

- CATALOG DESCRIPTION**
Three hours laboratory per week. This course focuses on developing and maintaining physical fitness through swimming. Emphasis in the course will be placed on endurance training for improved cardiovascular fitness and musculoskeletal flexibility. This course is designed for, but not limited to, senior or masters swimmers. Can be taken four times for credit.

- SCHEDULE DESCRIPTION (max 3 lines)**
This course focuses on developing and maintaining physical fitness through swimming. Emphasis is on endurance training for improved cardiovascular fitness and bodily flexibility. Course is designed for, but not limited to, senior or masters swimmers.

- ENTRY LEVEL SKILLS AND KNOWLEDGE (To be completed if required by Prerequisite Policy)**
Upon entering this course, the student needs to be able to do the following:

- INSTRUCTIONAL OBJECTIVES (Use measurable objectives only)**
Upon completion of this course, the student will be able to do the following:
 - 1. Analyze how their cardiovascular system functions.**
 - 2. Differentiate the effects of aging on the body and the positive role exercise plays in the process.**
 - 3. Prepare a program for lifetime fitness.**