

BARNARD COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION

Aqua Exercise

Instructor: Laura Masone
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COURSE DESCRIPTION

The ultimate fitness course in the water; this course combines cardiovascular exercise and body sculpting. Choreographed cardiovascular combinations are performed to a variety of music and increase in complexity throughout the semester. Muscle toning exercises are discussed and practiced in detail with a variety of equipment. Instruction in stretching technique is also included.

COURSE OBJECTIVES Each student will:

- learn and practice cardio routines in the water.
- learn techniques in monitoring cardiovascular effort and fitness.
- learn body sculpting exercises for all muscle groups.
- explore various types of aqua equipment for increased fitness.
- demonstrate proper pool safety and etiquette.

COURSE REQUIREMENTS Students must:

- adhere to the attendance policies of the Physical Education department (see handout).
- be in class and ready to participate on time. Attendance is taken at the start of class.
- be properly dressed in appropriate swimwear. If you are not appropriately dressed, you will not be permitted to exercise. This results in an absence.
- bring a water bottle, and use the restroom before class begins.

WEEKLY COURSE SCHEDULE

Week

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| 1 | Orientation, class etiquette, safety, introduction of basic class outline |
| 2 | Basic class outline: half cardio, half sculpting |
| 3 | Basic class outline with extended cardio section |
| 4 | Basic class outline with extended sculpting section |
| 5 | Interval Training |
| 6 | Step and/or Kickboxing and/or Deep Water Running |
| 7 | Interval Training |
| 8 | Circuit Training around the pool |
| 9 | Circuit Training |
| 10 | Synchro practice |
| 11 | Step and/or Kickboxing and/or Deep Water Running |
| 12-13 | Any of the above |