

NORTHERN NEW MEXICO COLLEGE



Course Number Course Name	PHED 1320, Water Aerobics
Credit Value (Breakdown of theory and lab credits)	1 Studio
Catalog Course Description	Exercises and movements in waist-high waters, and usually performed to music, to promote general fitness and health. This course is self-paced and noncompetitive, and the ability to swim in not required but preferred. (1, 0T+1S)
Student Learning Outcomes/Objectives /Competencies of the Course	<p>Student Learning Outcomes: At the end of this course the student will:</p> <ol style="list-style-type: none"> 1. Demonstrate knowledge of fitness principles. 2. Explain safety regulations involved in aquatics. 3. Demonstrate a basic understanding of a water aerobics training session. 4. Demonstrate various movements and techniques to increase flexibility, coordination, strength and endurance.
College-Wide Student Learning Outcomes	<p>PHED 1320 learning objectives align with the following NNMC College Wide Goal:</p> <p><i>Cultural Competence:</i></p> <ul style="list-style-type: none"> • <i>Students are required to work with distinct cultures and identities</i>