

NAME OF THE COURSE		Aquatic fitness				
Code		Year of study	2 <sup>nd</sup> graduate			
Course teacher	Assistant professor, Perić Mia, PhD	Credits (ECTS)	3			
Associate teachers		Type of instruction (number of hours)	L	S	E	F
			20	0	20	
Status of the course	Elective	Percentage of application of e-learning				
COURSE DESCRIPTION						
Course objectives	To teach students the effects of physical activity in water (swimming pool)					
Course enrolment requirements and entry competences required for the course	For this course entry competences are: English course and swimming					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<ul style="list-style-type: none"> <li>- To know the benefits of exercising in/on water;</li> <li>- to know how to teach aquafitness with floating mat;</li> <li>- to know how to teach aqua aerobic class;</li> <li>- to advice trainees about appropriate exercises according to their age/gender.</li> </ul>					
Course content broken down in detail by weekly class schedule (syllabus)	Lectures		Teacher			
	Basics of aqua aerobics (10 hours)		Assistant professor Mia Perić, PhD			
	Aquafitness with floating mat (10 hours)		Assistant professor Mia Perić, PhD			
	Exercises		Teacher			
	Basic Leg movements in aqua aerobics (2hours)		Assistant professor Mia Perić, PhD			
	Basic Arm movements in aqua aerobics (2 hours)		Assistant professor Mia Perić, PhD			
	Basic Body movements in aqua aerobics (2 hours)		Assistant professor Mia Perić, PhD			
	Using extra equipment in aquaaerobics (2 hours)		Assistant professor Mia Perić, PhD			
	Aquafitness with floating mat –dynamic exercises (2hours)		Assistant professor Mia Perić, PhD			
	Aquafitness with floating mat –static exercises (2hours)		Assistant professor Mia Perić, PhD			
	Aquafitness with floating mat –stretching exercises (2hours)		Assistant professor Mia Perić, PhD			
	Aquafitness with floating mat –playing games (2hours)		Assistant professor Mia Perić, PhD			
	Aquafitness with floating mat –exercises in pairs (4hours)		Assistant professor Mia Perić, PhD			

Format of instruction	<input checked="" type="checkbox"/> lectures <input type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> <i>on line</i> in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work		<input type="checkbox"/> independent assignments <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)			
Student responsibilities	Students are to attend lectures and exercises, do practical work and do written/oral exam.					
Screening student work ( <i>name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course</i> )	Class attendance	1	Research		Practical training	
	Experimental work		Report		(Other)	
	Essay		Seminar essay		(Other)	
	Tests		Oral exam		(Other)	
	Written exam	1	Project		(Other)	
Grading and evaluating student work in class and at the final exam	Grades from 1 to 5: 1 (below 62%); 2 (63% -74%); 3 (75% - 84%); 4 (85% - 93%); 5 (94% - 100%)  Class attendance 25% Experimental work 25% Written exam 50%  <hr/> Total 100%					
Required literature (available in the library and via other media)	<b>Title</b>		<b>Number of copies in the library</b>	<b>Availability via other media</b>		
	Bouchard, C., Blair, S., Haskell, W. (2012) Physical Activity and Health. United states: Human Kinetics		1	Web page of the course		
	Layne, M. (2015) Water Exercise-United States: Human Kinetics		1	Web page of the course		
	Aqatic Exercise Association (2010) Aquatic Fitness Professional Manual, United States: Human Kinetics		1	Web page of the course		
	Alexander, C. (2011) Water Fitness Lesson Plans and Choreogrphy,United States;Human Kinetics		1	Web page of the course		
Optional literature (at the time of submission of study programme proposal)						
Quality assurance methods that ensure the acquisition of exit competences	Attendance, practical mid-term tests, theoretical (written) exam. External evaluation of teaching quality through 'Questionnaire for student's evaluation of teaching'.					
Other (as the proposer wishes to add)	<a href="http://moodle.kifst.hr/course/view.php?id=516">http://moodle.kifst.hr/course/view.php?id=516</a>					