

LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

SPECIAL NOTE:

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

<u>COURSE NUMBER:</u>	SPEC 125
<u>COURSE TITLE:</u>	TOPICS IN PERSONAL ENRICHMENT (AQUASIZE)
<u>SEMESTER CREDIT HOURS:</u>	.5 - 5
<u>DEPARTMENT:</u>	Workforce Education/Career Training/Personal Enrichment
<u>DIVISION:</u>	Continuing Education/Workforce
<u>PREREQUISITE:</u>	Doctor's release
<u>REVISION DATE:</u>	5/2013

COURSE DESCRIPTION:

Topics in Lifelong Learning are designed to provide a framework for exploration of specific continuing education topics.

Exercise in the water for those that are overweight, arthritic, have circulatory and/or orthopedic problems. This level will concentrate on balancing activities.

COURSE OUTCOMES AND COMPETENCIES:

Students who successfully complete this course will:

1. Demonstrate how to exercise in the water.
 - Students will use the water resistance to build muscle tone.
 - Students will improve circulation and cardiovascular system.