

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 (ARTHRITIS AQUATICS)
<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.

The Arthritis Foundation Aquatics Exercise Program is an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion to help maintain muscle strength. All exercises are done under water to help prevent soreness.

COURSE OUTCOMES AND COMPETENCIES:

Students who successfully complete this course will:

1. Demonstrate the Arthritis Foundation Aquatic Exercises.
 - Improve fitness level.
 - Improve flexibility and reduce stress
 - Develop new fitness concepts and their applications