ウォーターエクササイズ

Syllabus Number DMB-202

Elective 2 credit

HIRUMA, Eisuke

1. Course Description

This class offers knowledge and skills to keep fit for life. Beginning swimming skills are taught including the crawl, backstroke, breaststroke and butter-fly stroke. Correct breathing skills are emphasized. Also, it teaches safe performance of movement and exercise in a progressive approach and offers an opportunity to improve and/or maintain a high level of fitness through application of aerobic training principles. It uses aspects of swim skills and aqua aerobic exercise to improve cardiovascular endurance, muscular strength/endurance, and flexibility. This class is designed for all fitness levels. Previous swimming experience and/or previous knowledge of basic skills not required.