

Special Population Aquatics (REC)

REC 100 Special Population Aquatics

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course will accommodate students interested in various aquatic challenges such as working underwater, EMT rescue, drown proofing, handicapped challenges, and rehabilitation fitness.

This course will provide students the opportunity to cross-train, rehabilitate injuries and obtain an aerobic workout in the impact free environment of the deep water. The class will include instruction in proper warm up and cool down activities and proper form to get the most benefit from the workout. Activities will be developed for each student based upon fitness levels and needs.

REC 101 Special Population Aquatics II

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course will accommodate those students interested in various aquatic challenges such as working underwater, EMT rescue, drown proofing, handicapped challenges, and rehabilitation fitness. A continuation of REC 100

REC 102 Special Population Aquatics III

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course will accommodate those students interested in various aquatic challenges such as working underwater, EMT rescue, drown proofing, handicapped challenges, and rehabilitation fitness. A continuation of REC 101.

REC 103 Special Population Aquatics IV

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course will accommodate those students interested in various aquatic challenges such as working underwater, EMT rescue, drown proofing, handicapped challenges, and rehabilitation fitness. A continuation of REC 102.

REC 150 Deep Water Running Activities

.5-2 Hours

Prerequisites: None
hours weekly (variable)