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.

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