



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: AE 637 **DIVISION:** 30 **ALSO LISTED AS:**

TERM EFFECTIVE: Summer 2024 **CURRICULUM APPROVAL DATE:** 06/11/2024

SHORT TITLE: AQUATIC FITNESS

LONG TITLE: Adapted Aquatic Fitness

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
0	18	Lecture:	0	0
		Lab:	1 TO 3	18 TO 54
		Other:	0	0
		Total:	1 TO 3	18 TO 54

Out of Class Hrs: 000.00

Total Learning Hrs: 18.00 TO 54.00

COURSE DESCRIPTION:

An individualized program of adapted aquatic exercise activities designed to meet the needs of students who have physical limitations or disabilities. The course assists in the development and appreciation of aquatic exercise as a regular planned contribution to one's overall physical fitness. This course is for the non-matriculating student, is not graded and is without college credit.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: N - Non Credit

GRADING MODES

N - Non Credit

REPEATABILITY: R - Course may be repeated

Maximum of 99 times, 297 credit hours

SCHEDULE TYPES:

- 03 - Lecture/Laboratory
- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate ten (10) specific aquatic warm up exercises.
2. Demonstrate five (5) aquatic exercises that enhance/improve cardiovascular conditioning.
3. Identify three (3) major muscles used while doing aquatic exercises.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Locate their pulse (neck, wrist, temple or chest).
2. Discuss the required water safety practices of the class such as floating, breathing and buoyancy.
3. Demonstrate the backward jog, hop over log, and above water arm exercises.
4. Demonstrate the flutter and bicycle kicks, wall push-ups and wall stretching that focuses on large muscle groups.
5. Identify wall exercises.
6. Demonstrate additional upper and lower body exercises designed for toning of pectorals and latissimus dorsi muscles.
7. Demonstrate how the bicep and tricep muscles work during bar bell extension and flexion and demonstrate knee flexion and extension.
8. Identify 4 factors regarding the importance of exercise and proper food intake

COURSE CONTENT:

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3-6 Hours

Students will review course content, expectations and grading procedures. Students will become familiar with appropriate pool clothing, locker rooms, pool equipment, available parking for students with disabilities, use of pool lifts and exercise equipment, safety procedures when entering and exiting pool and locker rooms, prevention of theft of personal belongings, use of locks and storage of belongings, items students will need to bring for class. Students will meet with staff regarding health limitations, doctor's verification and Academic Accommodations Plan (AAP).

3.5-7 Hours

Introduction of daily warm-up activities including proper techniques for pool walking, arm swing and stationary stretching exercises. Demonstration of water safety skills including floating, breathing, and buoyancy.

3.5-7 Hours

Introduction of aquatic strength training exercises. Introduction to additional exercises consistent with improving cardio vascular conditioning and increased muscle stretching. Demonstration of the backward jog, hop over log, and above water arm exercises.

3.5-7 Hours

Introduction of aquatic wall exercises. Demonstration of the flutter and bicycle kicks, wall push-ups and wall stretching that focuses on large muscle groups.

COURSE CONTENT (CONTINUED):

4.5-9 Hours

Introduction of upper and lower body exercises. Adductor and abductor muscles groups will be emphasized for the upper legs, bicep and tricep muscle use will be demonstrated for arm strength. Hamstring, quadriceps & gastrocnemius muscles for upper and lower leg stability.

3.5-7 Hours

Individual and group muscle demonstration. Demonstration of how the bicep and tricep muscles work during bar bell extension and flexion and demonstrate knee flexion and extension.

3.5-9 Hours

Handouts are discussed and made available by instructor. Review and discuss the importance of exercise, healthy food intake and current videos on adequate exercise. Students will exercise in small groups (2-3), each student selecting and demonstrating a different exercise until all exercises have been rehearsed.

2 Hours

Final Exam: Demonstration test of large muscle groups. Instructor observation and evaluation of Academic Accommodations Plan.

METHODS OF INSTRUCTION:

Through demonstration of aquatic exercises, current videos/internet accessible content, hand-outs and lectures that augment water activities, students will be working on individual goals

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 50

Evaluation Description

Skill demonstrations: 50% - 80% Class performance; Performance exams

Objective examinations

Evaluation Percent 50

Evaluation Description

Objective examinations: 20% - 50% True/False Other: Oral Exam

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

Not Transferable

UC TRANSFER:

Not Transferable

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: L

Noncredit Category: E

Cooperative Education: N

Program Status: 2 Stand-alone

Special Class Status: S

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000615110

Sports/Physical Education Course: N

Taxonomy of Program: 083580