



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: APE 535 **DIVISION:** 30 **ALSO LISTED AS:** PE 535

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

SHORT TITLE: ADAPTED SWIMMING

LONG TITLE: Adapted Swimming for Total Fitness

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

Out of Class Hrs: 000.00

Total Learning Hrs: 27.00 OR 54.00

COURSE DESCRIPTION:

An individualized program of activities designed for students with physical disabilities to improve flexibility and range-of-motion, increase joint movement, improve circulation, and improve control over body movement through water adjustment and activities. Develops an appreciation of physical activity as a regular planned contribution to one's overall fitness. May be repeated as necessary based on measurable progress as documented in the Academic Accommodation Plan(AAP). This course is pass/no pass.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: C - Credit - Degree Non Applicable

GRADING MODES

P - Pass/No Pass

REPEATABILITY: R - Course may be repeated

Maximum of 99 times, 100 credit hours

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 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 three (3) adapted swim strokes.
2. Demonstrate five (5) aquatic exercises for a period of 20 minutes to show improved cardio conditioning.
3. Identify several principles of exercise physiology during adapted swimming.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Locate their pulse (neck, wrist, temple or chest) for a target heart rate.
2. Identify the appropriate emergency contact person information.
3. Identify the required water safety practices of the class, such as floating, breathing and buoyancy.
4. Demonstrate exercises for deep water cardiovascular training.
5. Identify which training methods work for their individual needs.
6. Demonstrate adapted swim strokes.
7. Practice adapted swim strokes and breathing techniques necessary for their limitations.
8. Recognize their own physical challenges and apply their knowledge during exercise.

COURSE CONTENT:

Curriculum Approval Date: 06/11/2024

3-6 Hours

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).

3-7 Hours

Discuss and review pool safety procedures. Who is the first contact person in case of emergency? Who delegates authority? Who contacts 911? Where is information regarding an emergency kept?

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, buoyancy, and opening eyes underwater.

3.5-7 Hours

Introduction of deep water cardiovascular training. Discuss use of equipment used for deep water., i.e. hydra-water, bar bells, and rings. Demonstrate adapted back stroke with use of barbells. Additional cardiovascular training with use of legs. Review warm-up activities and introduce use of kick board for adapted swimming, cross country skiing, forward and backward jumps, jumping jacks. Discuss aquatic muscle contractions in aquatic environment.

COURSE CONTENT(CONTINUED):

3-7 Hours

Review and discuss all cardiovascular training methods. Have students demonstrate 3 deep water adapted swim strokes. Discuss the basic mechanics of back stroke, free style and breast stroke, and discuss five principles for altering intensity - inertia, acceleration, assisting/impeding movements, front surface area and levers.

3-6 Hours

Review adapted swim strokes with emphasis on breast stroke and coordination with leg kick. Safe and effective toning exercises for the 7 major muscle groups. Safe and effective transitions between aerobic movements.

3-6 Hours

Define anatomical position and neutral position and how they relate to basic movement in the water. Discuss types of joints in the body and how they relate to adapted swim strokes. Review adapted swim strokes and breathing for limited and non-ambulatory students.

3-6 Hours

Discuss handouts on physical challenges., i.e. obesity, cardiovascular disease, respiratory disease and neuromuscular diseases. Introduce optional methods of swim workout.

2 Hours

Final exam: Adapted swim and deep water swim for 20 minutes. Instructor observation and evaluation of Academic Accommodations Plan. Students will define their own goals at a level agreed upon with the instructor.

METHODS OF INSTRUCTION:

Through demonstration of aquatic exercises, current videos/internet accessible related content and lectures that augment water activities, students will be working on individual goals. Evaluation will be by subjective and objective testing of individual improvement and by participation.

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

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: Y

Noncredit Category: Y

Cooperative Education:

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: CCC000508317

Sports/Physical Education Course: Y

Taxonomy of Program: 083580