

Course Outline

COURSE: PE 35 **DIVISION:** 30 **ALSO LISTED AS:** APE 35

TERM EFFECTIVE: Fall 2011 **Inactive Course**

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

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 of body movement through water adjustment and activities. Develops an appreciation of physical activity as a regular planned contribution to one's overall well-being. May be repeated as necessary based on measurable progress as documented in the student's educational contract. This course has the option of a letter grade or pass/no pass. This course is now listed as APE 35, effective Fall 2009.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
 Maximum of 99 times, 100 credit hours

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Students will demonstrate three (3) adapted swim strokes.

ILO: 6,1,4,2

Measure: instructor observation, oral report, performance exam

2. Students will demonstrate knowledge of water safety through the use of floating techniques and buoyancy methods.

ILO: 2,1,4,6

Measure: instructor observation, oral report, performance exam

3. Students will use five (5) aquatic exercises for a period of 20 minutes to show improved cardio conditioning.

ILO: 6,1,4,2

Measure: pre-test, post-test

4. Students will demonstrate one (1) deep water jogging techniques.

ILO: 6,1,4,2

Measure: instructor observation, oral report, performance exam

5. Students will demonstrate several principles of exercise physiology during adapted swimming.

ILO: 6,1,4,2

Measure: instructor observation, oral report, performance exam

6. Students will describe seven (7) anatomical terms related to basic water movement.

ILO: 1,2,4

Measure: oral report

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 05/12/2008

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. SPO: Students will locate their pulse (neck, wrist, temple or chest). Students will meet with staff regarding health limitations, doctor's verification and Student Educational Contract.

3.5-7 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? SPO: Students will identify the appropriate emergency contact information.

3.5-7 Hours

Introduction of daily warm up activities including proper techniques for pool walking, arm swing and stationary stretching exercises. SPO: Students will become adjusted to the water and familiar with water safety skills including floating, breathing, buoyancy, 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 bar bells. Additional cardio 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. SPO: Students will demonstrate exercises for deep water cardiovascular training.

3.5-7 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. SPO: Students will identify which training methods work for their individual needs.

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. SPO: Students will demonstrate adapted swim strokes.

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. SPO: Students will practice adapted swim stroke and breathing necessary for their limitations.

3-6 Hours

Discuss handouts on physical challenges., i.e. obesity, cardiovascular disease, respiratory disease and neuromuscular diseases. Introduce optional methods of swim workout. SPO: Students will recognize their own physical challenges and apply their knowledge during exercise.

2 Hours

Final exam: Adapted swim and deep water test. Instructor observation of Student Educational Contract. SPO: Students will define their own goals at a level agreed upon with the instructor.

METHODS OF INSTRUCTION:

Through demonstration of aquatic exercises, films and lectures that augment water activities, students will be working on individual goals. Evaluation will be by subjective and objective testing for individual improvement, and by attendance.

METHODS OF EVALUATION:

This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily:

Involves skill demonstrations or problem solving

The problem-solving assignments required:

None

The types of skill demonstrations required:

Class performance

Performance exams

The types of objective examinations used in the course:

True/false

Other: oral exam

Other category:

None

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%
Skill demonstrations: 50% - 80%
Objective examinations: 20% - 50%
Other methods of evaluation: 0% - 0%

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:
 GAV E1, effective 200470
CSU GE:
 CSU E1, effective 200470
IGETC:
CSU TRANSFER:
 Transferable CSU, effective 200470
UC TRANSFER:
 Transferable UC, effective 200470

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: E
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
CAN:
CAN Sequence:
CSU Crosswalk Course Department: PE
CSU Crosswalk Course Number: 35
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: CCC000263733
Sports/Physical Education Course: Y
Taxonomy of Program: 083580