

**Course Outline**

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

**TERM EFFECTIVE:** Summer 2020                      **CURRICULUM APPROVAL DATE:** 03/10/2020

**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

**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

## **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 cardio-vascular conditioning.
3. Identify three (3) major muscles used while doing aquatic exercises.

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

Curriculum Approval Date: 03/10/2020

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. SPO: Students will locate their pulse (neck, wrist, temple or chest). 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. SPO: Students will become adjusted to the water and familiar with water safety skills including floating, breathing, and buoyancy. Students will discuss the required water safety practices of the class.

3.5-7 Hours

Introduction of aquatic strength training exercises. SPO: Students will be introduced to additional exercises consistent with improving cardio vascular conditioning and increased muscle stretching. Students will demonstrate the backward jog, hop over log, and above water arm exercises.

3.5-7 Hours

Introduction of aquatic wall exercises. SPO: Students will be introduced to wall exercises. Students will demonstrate the flutter and bicycle kicks, wall push ups and wall stretching that focuses on large muscle groups.

4.5-9 Hours

Introduction of upper and lower body exercises. SPO: Students will be introduced to and demonstrate additional upper and lower body exercises designed for toning of pectorals and latissimus dorsi muscles. 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. SPO: Students will demonstrate 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. SPO: Students will identify 4 factors regarding the importance of exercise and proper food intake. 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

Percent of total grade: 50.00 %

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

Objective examinations

Percent of total grade: 50.00 %

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

UC TRANSFER:

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