Course Outline

COURSE: AE 637   DIVISION: 30

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

SHORT TITLE: AQUATIC FITNESS
LONG TITLE: Adapted Aquatic Fitness

<table>
<thead>
<tr>
<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<tr>
<td>0</td>
<td>18</td>
<td>Lecture: 0</td>
<td>0</td>
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<td>Lab: 1 TO 3</td>
<td>18 TO 54</td>
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<td>Other: 0</td>
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<td></td>
<td>Total: 1 TO 3</td>
<td>18 TO 54</td>
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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