GAVILAN COLLEGE
5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: APE 34 DIVISION: 30 ALSO LISTED AS: PE 34

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

SHORT TITLE: AQUATIC EXERCISE

LONG TITLE: Adapted Aquatic Exercise

Units	Number of Weeks	Type	Contact Hours/Week	Total Contact Hours/Units
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54 / .05 OR 1 Units of Lab
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

Out of Class Hrs:	00.00
Total Learning Hrs:	27.00 OR 54.00

COURSE DESCRIPTION:

This course is designed to help individuals who by the nature of their disability such as wheelchair use, back injury, cardiovascular impairment, multiple sclerosis or other disabling condition require a specific aquatic exercise program that will contribute to their physical fitness. 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.

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
047 - Laboratory - LEH 0.7
05 - Hybrid
71 - Dist. Ed Internet Simultaneous
73 - Dist. Ed Internet Delayed LAB
737 - Dist. Ed Internet LAB-LEH 0.7

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate ten (10) specific aquatic warm up exercises.
2. Practice five (5) aquatic exercises that enhance/improve cardiovascular conditioning.
3. Identify three (3) major muscles used while doing aquatic exercises.
4. Prepare & set up a 20-minute group exercise program using the designated class format.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Locate their pulse (neck, wrist, temple or chest).
2. Identify water safety skills that include floating, breathing, and buoyancy.
3. Demonstrate additional exercises consistent with improving cardio vascular conditioning and increased muscle stretching.
4. Identify wall exercises.
5. Demonstrate additional upper and lower body exercises designed for toning of pectorals and latissimus dorsi muscles.
6. Demonstrate how the bicep and tricep muscles work during bar bell extension and flexion and demonstrate knee flexion and extension.
7. Identify 4 factors regarding the importance of exercise and proper food intake.
8. Demonstrate all exercises in a small group setting.

COURSE CONTENT:

Curriculum Approval Date: 06/11/2024

3-6 Hours

Course introductions and requirements such as: appropriate pool clothing, 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 individually 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 for improving cardiovascular 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. They will demonstrate the flutter and bicycle kicks, wall push-ups, wall push-backs, and wall stretching that focuses on large muscle groups.

4.5-9 Hours

Introduction of upper and lower body exercises. Adductor and abductor muscle 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 on how the bicep and tricep muscles work during barbell extension and flexion and demonstrate knee flexion and extension.

3.5-9 Hours

Handouts are discussed and made available by the instructor. Review and discuss the importance of exercise, healthy food intake and current videos on adapted 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 the 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:
n/a

ARTICULATION and CERTIFICATE INFORMATION

GAV GE:

GAV E
GAV Area 7

CSU GE:

CSU E

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

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: CCC000508312
Sports/Physical Education Course: Y
Taxonomy of Program: 083580
CIP: