



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Summer 2021

CURRICULUM APPROVAL DATE: 12/8/2020

SHORT TITLE: AQUATIC EXERCISE

LONG TITLE: Adapted Aquatic Exercise

<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
		Total Learning Hrs:	27 OR 54	

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.

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
- 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:

1. Demonstrate ten (10) specific aquatic warm up exercises.

Measure of assessment: Instructor observation, oral exam, performance exam

Year assessed, or planned year of assessment: 2018

Semester: Fall

2. Practice five (5) aquatic exercises that enhance/improve cardio-vascular conditioning.

Measure of assessment: instructor observation, oral exam, performance exam

Year assessed, or planned year of assessment: 2018

Semester: Fall

3. Identify three (3) major muscles used while doing aquatic exercises.

Measure of assessment: class discussion, instructor observation, oral exam

Year assessed, or planned year of assessment: 2018

Semester: Fall

4. Prepare & set up a 20 minute group exercise program using the format used in class.

Measure of assessment: instructor observation, class discussion, oral exam

Year assessed, or planned year of assessment: 2018

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

Curriculum Approval Date: 12/8/2020

DE MODIFICATION ONLY

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 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. They 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. They 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. 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. 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. Lead the class in one (1) exercise activity. 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

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 %

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 200970

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

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: APE

CSU Crosswalk Course Number: 34

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