GAVILAN COLLEGE
5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: APE 534 DIVISION: 30 ALSO LISTED AS: PE 534

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 / .5 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 Academic Accommodations Plan (AAP). This is a pass/no pass course.

CREDIT STATUS: C - Credit - Degree Non Applicable

GRADING MODES
P - Pass/No Pass

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

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

04A - Laboratory - LEH 0.65

05 - Hybrid

71 - Dist. Ed Internet Simultaneous

73 - Dist. Ed Internet Delayed LAB

73A - Dist. Ed Internet LAB-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 cardiovascular conditioning.
3. Identify three (3) major muscles used while doing aquatic exercises.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Locate their pulse (neck, wrist, temple or chest) for a target heart rate.2.
3. Identify the required water safety practices of the class such as floating, breathing and buoyancy.
4. Demonstrate additional exercises consistent with improving cardio vascular conditioning and increased muscle stretching.

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.

COURSE CONTENT:

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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. 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. 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 of 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 adequate 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 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

ARTICULATION and CERTIFICATE INFORMATION

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:
Basic Skills: N
Classification: Y
Noncredit Category: Y
Cooperative Education:
Program Status: 2 Stand-alone
Special Class Status: S
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Course Control Number: CCC000508316
Sports/Physical Education Course: Y
Taxonomy of Program: 083580
CIP: