

### Course Outline

**COURSE:** APE 535                      **DIVISION:** 30                      **ALSO LISTED AS:** PE 535

**TERM EFFECTIVE:** Summer 2021                      **CURRICULUM APPROVAL DATE:** 12/8/2020

**SHORT TITLE:** ADAPTED SWIMMING

**LONG TITLE:** Adapted Swimming for Total Fitness

<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

**COURSE DESCRIPTION:**

An individualized program of activities designed for students with physical disabilities to improve flexibility and range-of-motion, increase joint movement, improve circulation, and improve control over body movement through water adjustment and activities. Develops an appreciation of physical activity as a regular planned contribution to one's overall fitness. May be repeated as necessary based on measurable progress as documented in the Academic Accommodation Plan(AAP). This course is pass/no pass.

**PREREQUISITES:**

**COREQUISITES:**

**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:**

1. Demonstrate three (3) adapted swim strokes.

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

Year assessed, or planned year of assessment: 2018

Semester: Fall

2. Demonstrate five (5) aquatic exercises for a period of 20 minutes to show improved cardio conditioning.

Measure of assessment: Instructor observation and pre-test, post-test

Year assessed, or planned year of assessment: 2018

Semester: Fall

3. Identify one (1) deep water jogging technique.

Measure of assessment: Instructor observation, oral report, performance 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).

3-7 Hours

Discuss and review pool safety procedures. Who is the first contact person in case of emergency? Who delegates authority? Who contacts 911? Where is information regarding an emergency kept? SPO: Students will identify the appropriate emergency contact information.

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, buoyancy, opening eyes underwater.

3.5-7 Hours

Introduction of deep water cardiovascular training. Discuss use of equipment used for deep water., i.e. hydra-water, bar bells, and rings. Demonstrate adapted back stroke with use of bar bells. Additional cardio training with use of legs. Review warm-up activities and introduce use of kick board for adapted swimming, cross country skiing, forward and backward jumps, jumping jacks.

Discuss aquatic muscle contractions in aquatic environment. SPO: Students will demonstrate exercises for deep water cardiovascular training.

3-7 Hours

Review and discuss all cardiovascular training methods. Have students demonstrate 3 deep water adapted swim strokes. Discuss the basic mechanics of back stroke, free style and breast stroke, and discuss five principles for altering intensity - inertia, acceleration, assisting/impeding movements, front surface area and levers. SPO: Students will identify which training methods

work for their individual needs.

3-6 Hours

Review adapted swim strokes with emphasis on breast stroke and coordination with leg kick. Safe and effective toning exercises for the 7 major muscle groups. Safe and effective transitions between aerobic movements. SPO: Students will demonstrate adapted swim strokes.

3-6 Hours

Define anatomical position and neutral position and how they relate to basic movement in the water. Discuss types of joints in the body and how they relate to adapted swim strokes. Review adapted swim strokes and breathing for limited and non-ambulatory students. SPO: Students will practice adapted swim stroke and breathing necessary for their limitations.

3-6 Hours

Discuss handouts on physical challenges., i.e. obesity, cardiovascular disease, respiratory disease and neuromuscular diseases. Introduce optional methods of swim workout. SPO: Students will recognize their own physical challenges and apply their knowledge during exercise.

2 Hours

Final

**METHODS OF INSTRUCTION:**

Through demonstration of aquatic exercises, current videos/internet accessible related content and lectures that augment water activities, students will be working on individual goals. Evaluation will be by subjective and objective testing of individual improvement and by participation.

**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 %

**REPRESENTATIVE TEXTBOOKS:**

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

IGETC:

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

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: CCC000508317

Sports/Physical Education Course: Y

Taxonomy of Program: 083580