

Course Outline

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

TERM EFFECTIVE: Fall 2011 **Inactive Course**

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

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 well-being. 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. This course is now listed as APE 34, effective Fall 2009.

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

STUDENT LEARNING OUTCOMES:

1. Students will demonstrate ten (10) specific aquatic warm up exercises.
- ILO: 6,1,4,2

Measure: instructor observation, oral exam, performance exam

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

ILO: 6,1,4,2

Measure: instructor observation, oral exam, performance exam

3. Students will identify three (3) major muscles used while doing aquatic exercises.

ILO: 6,1,2,4

Measure: class discussion, instructor observation, oral exam

4. Students can organize a 20 minute group exercise program using the format used in class.

ILO: 4,1,2,6

Measure: instructor observation, class discussion, oral exam

5. Student will explain the importance of aquatic exercise and how it relates to good health.

ILO: 1,3,2,4

Measure: instructor observation, individual discussions, class discussion, oral exam

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

Inactive Course: 05/12/2008

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 Student Educational Contract.

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.

4.5-9 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

Final exam: Demonstration test of large muscle groups. Instructor observation of Student Educational Contract.

METHODS OF INSTRUCTION:

Through demonstration of aquatic exercises, films and lectures that augment water activities, students will be working on individual goals.

METHODS OF EVALUATION:

This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily:

Involves skill demonstrations or problem solving

The problem-solving assignments required:

None

The types of skill demonstrations required:

Class performance

Performance exams

The types of objective examinations used in the course:

True/false

Other: Oral Exam

Other category:

None

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 50% - 80%

Objective examinations: 20% - 50%

Other methods of evaluation: 0% - 0%

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 200430

CSU GE:

CSU E1, effective 200430

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200430

UC TRANSFER:

Transferable UC, effective 200430

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: E

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

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: CCC000289414

Sports/Physical Education Course: Y

Taxonomy of Program: 083580