

# KIN A172: ADAPTED AQUATICS

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083580 - Adapted Physical Education
Units	.5-1.5 Total Units
Hours	18-54 Total Hours (Lecture Hours 4.5-13.5; Lab Hours 13.5-40.5)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Pass/No Pass (B), • Standard Letter (S)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Designed for students with physical disabilities who can benefit from individualized exercises and swimming in the pool. Instruction and practice in swimming skill development and improvement, exercises in strength and flexibility, and gait training will be offered. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Demonstrate, through the practice of an individualized exercise program, aquatic training techniques for improvement in swimming skills and cardiovascular fitness, muscular strength, endurance and flexibility.
2. Self assess errors in technique and identify methods of adjustment to enhance benefits.

## Course Objectives

- 1. Demonstrate ability to perform aquatic skills.
- 2. Show measurable progress in muscular and/or cardiovascular endurance.
- 3. Perform an individualized exercise program following guidelines established by health care provider.
- 4. Demonstration use of adapted aqua apparatus.
- 5. Demonstration ability to take heart rates.
- 6. When applicable, demonstrate modified swim skills.

## Lecture Content

1. Introduction/Orientation/Pre-assessments a. Individual goal setting, pre-assessment b. Development of individualized student exercise program 2. Demonstration and practice of exercises 3. Pool safety a. Demonstration of safety skills 4. Basic swim skills a. Demonstration and practice of basic swim skills 5. Muscular strength using water resistance a. Demonstration and practice of water exercises b. Exercises for specific muscle groups (1) Upper body (2) Spine-upper and lower back (3) Lower body 6. Cardiorespiratory activities in water a. Demonstration and practice of water skills b. Deep and shallow tank activities c. Endurance swimming 7. Apparatus usage a. Demonstration and practice water skills using aqua adapted apparatus b. Deep tank vs. shallow tank apparatus usage 8. Post-assessment of all students a. Evaluation of individual goals b. Determination of measurable progress c. Repetition permitted or denied

## Lab Content

see course content

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture and application of ideas Instructor feedback and corrections Video lectures

## Writing Assignments

1. Demonstration of improved cardiorespiratory and muscular endurance
2. Demonstration of improved strength
3. Written objective and subjective self-evaluations
4. Demonstration of aquatic skills

## Out-of-class Assignments

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## Demonstration of Critical Thinking

Individual performance, skill demonstration, written assignments and pre- and post-assessments.

## Required Writing, Problem Solving, Skills Demonstration

1. Demonstration of improved cardiorespiratory and muscular endurance
2. Demonstration of improved strength
3. Written objective and subjective self-evaluations
4. Demonstration of aquatic skills

## Other Resources

1. Selected handout materials to be provided and distributed by the instructor