

## **PE 132 TICKET #1667 - ADAPTED AQUATICS SYLLABUS** **SPRING 2013**

**Instructor:** Laura Matsumoto, MA, OTR/L  
**Phone:** (818) 240-1000 ext. 3192 (Please leave a message!)  
**Email:** lauram@glendale.edu  
**Office / Hours:** SN 100 #4 – RBAC Tue. or Th. 8:30am, or TBA as needed

**Teaching Assistants:** David Fell, Mike Geiger & Alvar Markarian

**Time & Location:** 9:00 am to 10:00 am (on record Tue. 9:10 – 10:15am & Thur. 9:10 - 10:00am) Tue. and Thur. at the Rose Bowl Aquatics Center – 360 N. Arroyo Blvd., Pasadena. (626) 564-0330 (Please DO NOT call instructor here!)

### **Course Description**

This is a 1.5 unit course that includes instruction in aquatics workouts for personal fitness and health, with specific consideration of each student's ability level and any necessary adapted strategies for successful participation.

**IMPORTANT NOTE:** This course includes a required hybrid on-line Moodle component. Students should possess basic computer skills and have access to the Internet, either from home or from the computer labs on campus.

### **Course Objectives**

The student will strive to complete all required work as scheduled in order to improve his/her skills in safe, effective aquatics workouts utilizing any necessary adapted strategies.

### **Text**

The instructor will provide any necessary reading materials for this class – **keep all handouts, as you will be tested on the content.** Students will be expected to access the majority of handouts online via Moodle. Please inform instructor immediately if you need materials in an alternate format.

### **Attendance**

Students are required to attend all class sessions. Roll is taken every class. Each class will be worth 4 points (1 for attendance + 0-3 for participation). **Excused absences will receive a maximum of 1 point. Unexcused absences will receive 0 points.**

Communication with the instructor: 1) in person **before the day of the absence**; 2) by phone or by e-mail before the absence OR the day of the absence; or 3) by verified documentation (e.g. from a doctor) if you are incapacitated, may be considered by the instructor for excused status. It is to the instructor's discretion to determine whether an absence is excused or unexcused.

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### **Attendance (cont.)**

Missing more than 3 class meetings may jeopardize a student's grade and could, without prior arrangements made with the instructor, make him/her subject to being dropped from the course.

Please inform the instructor if you have any condition(s) or limitation(s) that might **significantly impact your ability to participate safely** in this class (e.g. heart conditions, seizure disorders, balance limitations, etc.). It is your responsibility to discuss any desired accommodations or alternatives with the instructor immediately.

### **First Day Drop Policy**

The instructor reserves the right to drop no-shows after the first hour of the first class meeting if no prior arrangements were made for the absence.

### **Examination/Evaluation Procedures**

Progress in specific skill areas may be assessed by:

- Attendance and observation of **active and safe participation** in class activities and discussions (4 points / day x 29 possible days = 116 pts.)
- Initial vs. Final Vital Statistics
- Assessment of Skills and Individual Goal(s): To be designated upon ENTRY into class and monitored throughout semester - as indicated by pre- and post- testing.
- Completion of ALL paperwork and online Moodle assignments: For example, Vital Statistics forms, Learner Survey, Swim Log Sheets, etc. **FAILURE TO TURN IN ASSIGNED PAPERWORK ON TIME WILL SIGNIFICANTLY IMPACT YOUR GRADE.** See Important Dates to Remember for details.

### **Make-up Policy**

This is an activity class, active participation is paramount to your success, and we have limited access to the facility. Thus, make-up work is not readily available. This is the student's responsibility and all such issues will be dealt with on a case-by-case basis.

### **Grading Policy**

**Approximate** breakdown of your final course grade:

Class Attendance and Active Effort / Participation	35%
Written Assessments (vital measurements, quizzes, Moodle assignments)	25%
Skills Assessments (midterm and final)	25%
Final Exam	15%

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## **ISSUES OR COMPLAINTS**

Please address any issues you may have that are relative to this course **with me**, either in person during my office hours (see above), by e-mail, or by telephone **as early** in the semester as possible. If you and I cannot resolve the issue, I will refer you to the Program Manager of DSP&S for an appointment.

## **Rules & Procedures**

1. You are expected to be **READY TO GET IN THE WATER AT 9am**. We only have access to the pool from 9-10am. Arrive **EARLIER** to dress & shower! **DO NOT** enter the pool until cleared by lifeguard and/or instructor & teaching assistants.
2. You must wear a swimming suit - no cut-offs, boxers, etc. Long hair must be contained, either in a cap, ponytail, etc. **NO GUM ALLOWED!**
3. If you have any open wounds or skin conditions please consult the instructor before getting in – **NO band-aids or bandages allowed in pool!**
4. Day use lockers are available for you in the locker rooms (you must bring a lock). These are to be used by you during your swimming time **ONLY**. **Do not** leave anything overnight.
5. You **MUST** shower prior to entering the pool - see the instructor immediately if other arrangements need to be made due to physical limitations.
6. Remember - we share this area with other patrons of the Rose Bowl Aquatics Center, please be courteous and clean up after yourself!
7. **NO DIVING** or jumping in the shallow end.
8. Many students and staff are allergic to fragrances, such as those found in perfume, cologne, hair products, soap, and laundry products. It is essential that ALL people attending this class minimize/eliminate the use of fragrance items. Please be mindful and respect each other's needs.
9. **You are responsible for bringing your own toiletries, towels, goggles, etc.** A robe or cover-up is strongly recommended as the pool deck can get very chilly.
10. While in class and in the RBAC facility students are expected to follow the GCC Standards of Student Conduct listed in the GCC Catalog. Students are also expected to adhere to GCC's Academic Honest Policy (see the College Catalog). **Students who are disruptive will be asked to leave and the behavior will be reported to the Program Manager of DSP&S and/or the Dean of Student Affairs.**

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## **Rules & Procedures (cont.)**

11. STUDENTS DO NOT HAVE ACCESS TO THE ROSE BOWL OUTSIDE OF SCHEDULED CLASSES - NO CLASS = NO USE OF THE ROSE BOWL!!!
12. **Cell phone use during class is prohibited.**

## **IMPORTANT NOTES:**

1. Please turn in the annually requested **Adapted PE Medical Report form** (if not currently on file) no later than **by the end of the second week of class.**
2. **You must log into Moodle each week to complete required on-line content (not necessarily listed here).**
3. I am **teaching** this class because I have been trained to work with people with disabilities. **This class is NOT for me**, it is for you. I will be available to you if or when you have additional questions or needs (make sure you leave me a message!).
4. Certain equipment (fins, etc.) is available to be checked-out on loan for the semester. You will be required to sign an equipment loan contract and be responsible for return of the equipment in working order at the end of the semester (or upon dropping the class). If you choose not to check equipment out, you may borrow certain equipment from the Rose Bowl for day-use, but there is no guarantee that the equipment will be the size or type that you want/need.
5. Slippers or shower shoes are strongly recommended – **DON'T GO BAREFOOT.**
6. **The DEADLINE to WITHDRAW** from this class with a "W" notation is **May 18, 2013**. This is **YOUR** responsibility, so if **YOU** do not drop by this date you will be assigned a grade accordingly. The instructor will attempt to notify you via your GCC e-mail only if you are in jeopardy of failing the class. It is your responsibility to check your GCC e-mail account and make the necessary decision(s).
7. All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.

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## **Student Learning Outcomes:**

Upon successful completion of the required coursework, the student will be able to:

1. Demonstrate competency in successfully entering/exiting and utilizing a pool for a fitness workout in a safe manner while using any necessary adaptations (e.g. techniques, equipment, etc.).
2. Demonstrate the ability follow an aquatics workout plan designed to improve his/her fitness and health, and when necessary take an active role in modifications to the plan.
3. Relate his/her understanding of the value and significance of physical activity for improving his/her fitness, health, and quality of life.

## **IMPORTANT Dates to Remember – SPRING 2013**

PE 132 - Adapted Aquatics Tue. / Thur.

WEEKS 1 & 2: DUE by TH February 28th

COMPLETE & TURN IN THE FOLLOWING (certain items may be online in Moodle):

1. Up-to-Date Emergency Contact Information
2. Initial Skills Survey & Assessment Forms
3. If needed, Medical Report form (requested once PER YEAR - not per semester)
4. INITIAL Vital Statistics Form - OUTSIDE PROJECT:  
Go to the GCC Health Center or any other off-campus facility without extra cost (e.g. a previously scheduled MD appointment, or a local drug store) and **have your vital statistics (weight, blood pressure and pulse) taken and recorded to turn in** – get PE 132 Vital Stats Form. Note: if you are in PE 101, 130, 134, or 135 you may also have this done at the Fitness Center and get a copy made. Please call the GCC Health Center 818-240-1000 x 5909 for the current semester drop-in schedule.

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WEEK 3: Initiate a **Swim Log Sheet** with the instructor - you will be responsible for keeping track of your progress!

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**PE 132 DATES TO REMEMBER – SPRING 2013 (cont.)**

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WEEK 7: Week of April 8<sup>th</sup> – Midterm & Swim Log / Goal Sheet Check Up due  
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SPRING BREAK - Week of April 15<sup>th</sup> NO CLASSES!  
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WEEK 12: FINAL DROP DATE May 18, 2013  
\*\* This is YOUR RESPONSIBILITY! \*\*  
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WEEKS 14 & 15: DUE by Tue. June 4th

COMPLETE & TURN IN THE FOLLOWING:

1. FINAL Vital Statistics Form - OUTSIDE PROJECT:  
Have your vital statistics (weight, blood pressure and pulse) taken and recorded to turn in to Laura (see previous page) – get PE 132 Vital Stats Form.
2. Written Final Exam
3. Completed Swim Log
4. COMPLETE **IN-CLASS** FINAL Skills Assessment

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WEEK 15: Tuesday, June 4<sup>th</sup> LAST DAY IN POOL  
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WEEK 16: FINAL EXAM – To Be Determined  
Wednesday, June 12<sup>th</sup>, 7:30am-10:00am  
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