

## COURSE OUTLINE

### **Physical Education 132 Adapted Aquatics**

#### **Catalog Statement**

PE 132 is a diversified program of aquatics for students with disabilities which prevent their participation in a regular physical education aquatics program. The emphasis is on the student's remaining abilities and adapting them to facilitate swimming, water aerobics, and aquatic skills proficiency.

Total Lecture Units: 0.0

Total Laboratory Units: 1.0

**Total Course Units: 1.0**

Total Lecture Hours: 0.0

Total Laboratory Hours: 48.0

Total Laboratory Hours To Be Arranged: 0.0

**Total Faculty Contact Hours: 48.0**

Note: This course is primarily designed for students who meet Title 5 eligibility requirements for Disabled Students Programs and Services (DSPS).

#### **Course Entry Expectations**

Prior to enrolling in the course, the student should be able to:

- perform personalized modified aquatic activities;
- participate in an individual and group environment;
- demonstrate and maintain a positive attitude.

#### **Course Exit Standards**

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

- demonstrate knowledge of appropriate pool and water safety rules;
- demonstrate increased proficiency in swimming skills;
- calculate their resting, maximum and working target heart rate;
- apply cardiovascular factors to their individual aquatic program;
- participate in aquatic exercises which promote therapeutic advantages based on physical limitations;
- participate in aquatic exercises which promote maintenance of appropriate levels of physical functioning.

#### **Course Content**

Course Orientation (2 hours)

Class overview, expectations, and materials needed  
Locker and shower facilities and procedures

**Total Faculty Contact Hours = 48.0**

- Meeting with the lifeguard and becoming familiar with pool and safety rules
- Physical Performance of Swimming Program (as adapted for each individual) **(22 hours)**
  - Entrance into the pool – individual methods and means of entrance
  - Concept of buoyancy – floating vs. sinking
  - Warm-up exercises
  - Pre-testing of swimming skills
  - Stroke techniques with individual modifications (as needed)
  - Setting and familiarization of general fitness goals, including calculation of resting heart rate and desired aerobic ranges
  - Building of swimming endurance and record keeping
  - Post testing of swimming abilities
- Physical Performance of Aqua Aerobics and Recreational Aquatic Activities (As Adapted for Each Individual) **(24 hours)**
  - Exercises to increase upper body strength
    - Arm circles
    - Arm pendulums
    - Figure eights
    - Wing flap
    - Wrist action
    - Shoulder shrug
  - Exercises to increase middle body strength
    - Body twist
    - Double leg lifts
    - Fire hydrants
    - Hip dips
    - Scissors cross
    - Windshield wiper
    - Hula hoop
  - Exercises to increase lower body strength
    - Calf builders
    - Flamingo stand
    - Leg circles
    - Plies
    - Scissors cross
    - Swift kick
    - Jogging, sliding, jumping and hopping water exercises
  - Water Recreational games
    - Volleyball
    - Water polo
    - Soft ball
    - Tag
    - Red Rover
    - Running races

### **Methods of Instruction**

The following methods of instruction may be used in this course:

- demonstration;
- skill-repetition;
- multi-media;
- one-on-one interaction.

### **Out of Class Assignments**

The following out of class assignments may be used in this course:

- project (e.g. swim log/journal);
- written analysis (e.g. written summary and examination of the physical and emotional benefits of aquatic activities).

### **Methods of Evaluation**

The following methods of evaluation may be used in this course:

- analysis of vital statistics;
- practical skills assessments;
- written and practical midterm examination;
- written and practical final examination;
- self-comparison of Mio Go Fitness watch data.

### **Textbooks**

No textbooks required. Instructor may create handouts and exercise protocols.

### **Student Learning Outcomes**

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

- demonstrate competency in successfully entering/exiting and utilizing a pool for a fitness workout in a safe manner while using any necessary adaptations;
- implement and modify an aquatics exercise protocol;
- demonstrate understanding of the positive effects of physical activity on health-related quality of life.