

## PE132 : Adapted Aquatics

### General Information

Author:	<ul style="list-style-type: none"><li>Erin Calderone</li></ul>
Course Code (CB01) :	PE132
Course Title (CB02) :	Adapted Aquatics
Department:	PE
Proposal Start:	Fall 2024
TOP Code (CB03) :	(0835.80) Adapted Physical Education
CIP Code:	(51.2309) Therapeutic Recreation/Recreational Therapy.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000575742
Curriculum Committee Approval Date:	12/13/2023
Board of Trustees Approval Date:	01/09/2024
Last Cyclical Review Date:	12/13/2023
Course Description and Course Note:	PE 132 is a diversified program of aquatics for students with disabilities that enables their participation in a regular physical education aquatics program. The emphasis is on the student's abilities and adapting them to facilitate swimming, water aerobics, and aquatic skills proficiency. Note: This course is primarily designed for students who meet Title 5 eligibility requirements for Disabled Students Programs and Services (DSPS).
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"><li>Credit</li></ul>

### Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"><li>Physical Education (Adapted): Disabled Students Programs and Services</li></ul>
Alternate Discipline:	
Alternate Discipline:	

### Course Development

**Basic Skill Status (CB08)**

Course is not a basic skills course.

 Allow Students to Gain Credit by Exam/Challenge**Course Special Class Status (CB13)**

Course is designated as an "approved special class" for students with disabilities.

**Pre-Collegiate Level (CB21)**

Not applicable.

**Grading Basis**

- Grade with Pass / No-Pass Option

**Course Support Course Status (CB26)**

Course is not a support course

**Transferability & Gen. Ed. Options****General Education Status (CB25)**

Not Applicable

**Transferability**

Transferable to both UC and CSU

**Transferability Status**

Approved

CSU GE-Breadth Area	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	08/18/1997	No Comparable Course defined.

**Units and Hours****Summary**

<b>Minimum Credit Units (CB07)</b>	1
<b>Maximum Credit Units (CB06)</b>	1
<b>Total Course In-Class (Contact) Hours</b>	54
<b>Total Course Out-of-Class Hours</b>	0
<b>Total Student Learning Hours</b>	54

**Credit / Non-Credit Options****Course Type (CB04)**

Credit - Degree Applicable

**Noncredit Course Category (CB22)**

Credit Course.

**Noncredit Special Characteristics**

No Value

**Course Classification Code (CB11)**

Credit Course.

 Variable Credit Course**Funding Agency Category (CB23)**

Not Applicable.

 Cooperative Work Experience  
 Education Status (CB10)
**Weekly Student Hours****In Class****Out of Class****Course Student Hours****Course Duration (Weeks)**

18

Lecture Hours	0	0
Laboratory Hours	3	0
Studio Hours	0	0

<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	0
Laboratory	54
Studio	0
<b>Total</b>	54
<b>Course Out-of-Class Hours</b>	
Lecture	0
Laboratory	0
Studio	0
<b>Total</b>	0

### Time Commitment Notes for Students

No value

### Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

### Pre-requisites, Co-requisites, Anti-requisites and Advisories

#### Prerequisite

Prerequisite: None.

### Entry Standards

#### Entry Standards

Perform personalized modified aquatic activities.

Participate in an individual and group environment.

Demonstrate and maintain a positive attitude.

## Course Limitations

Cross Listed or Equivalent Course

Description

No value

No value

## Specifications

### Methods of Instruction

Methods of Instruction

Demonstrations

Methods of Instruction

Tutorial

Methods of Instruction

Multimedia

Methods of Instruction

Laboratory

### Out of Class Assignments

- 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

### Rationale

Other

Analysis of vital statistics

Other

Practical skills assessments

Exam/Quiz/Test

Written and practical midterm examination

Exam/Quiz/Test

Written and practical final examination

### Textbook Rationale

No Value

### Textbooks

Author

Title

Publisher

Date

ISBN

No Value

No Value

No Value

No Value

No Value

### Other Instructional Materials (i.e. OER, handouts)

<b>Description</b>	No textbooks required. Instructor may create handouts and exercise protocols.
<b>Author</b>	No value
<b>Citation</b>	No value
<b>Online Resource(s)</b>	

### Materials Fee

No value

## Learning Outcomes and Objectives

### Course Objectives

Demonstrate knowledge of 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 abilities.

Participate in aquatic exercises which promote maintenance or improvement of physical fitness.

Identify individual differences and needs of peers while interacting with others during various aquatics activities.

### SLOs

**Recall the positive effects of physical activity on fitness and health-related quality of life.**

Expected Outcome Performance: 70.0

**Apply and utilize safety techniques while entering/exiting the pool and use adaptations for a swimming fitness program.**

Expected Outcome Performance: 70.0

**Implement and modify an aquatics exercise protocol.**

Expected Outcome Performance: 70.0

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*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions;  
 Core cultivate creativity that leads to innovative ideas.

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*ILOs* Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

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## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

## Course Content

**Lecture Content**

No value

**Laboratory/Studio Content**

**Course Orientation (2 hours)**

- Class overview, expectations, and materials needed
- Locker and shower facilities and procedures
- Meeting with the lifeguard and becoming familiar with pool and safety rules

**Physical Performance of Swimming Program (as adapted for each individual) (26 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) (26 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

**Total hours: 54**