



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 402
Descriptive Title: Adapted Swimming and Hydroexercise

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course is designed for students with disabilities and provides personalized instruction in swimming and hydroexercise. Water safety skills, fundamental swimming strokes, and physical fitness training principles in the water utilizing buoyancy and hydrodynamic resistance will be discussed and practiced.
Note: Letter grade or pass/no pass option.

Conditions of Enrollment: *You have no defined requisites.*

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Both
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Prior to July 1992

General Education:
El Camino College: 5 – Health and Physical Education
Term: _____ Other: Approved

CSU GE: E - Lifelong Understanding and Self-Development
Term: _____ Other: Approved

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will identify how variances in surface area, speed of movement, turbulence, and buoyancy effects resistance when exercising in the water.
2. Students will identify effective swimming skills related to the kick, arm motion, and breathing.
3. Students will differentiate what factors affect one's buoyancy when swimming in the water.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Formulate fitness goals and the methods to reach them through swimming and hydroexercise.
Journal (kept regularly throughout the course)
2. Exhibit measurable progress pertaining to physical fitness or swimming skills.
Class Performance
3. Analyze the effects of buoyancy and resistance as it pertains to the student's exercise program in the water.
Multiple Choice
4. Demonstrate and explain the relationship of head position to the effectiveness of floating on one's back.
Class Performance
5. Compare and contrast the various types of equipment and accessories used in swimming and hydroexercise.
Multiple Choice
6. Identify the various types of swimming strokes.
Completion
7. Analyze stroke mechanics and identify the fundamental corrections to improve swimming technique.
Class Performance

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

| Lecture or Lab | Approximate Hours | Topic Number | Major Topic |
|----------------|-------------------|--------------|--|
| Lab | 2 | I | Orientation A. Pool rules and safety procedures B. Student Educational Contract (SEC) C. Test accommodations D. Special course repeat petition |
| Lab | 4 | II | Fitness and Hydroexercise Goals A. Personalized goals B. Strategies to achieve goals |

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|-------------------------------|----|-----|---|
| | | | <ul style="list-style-type: none"> C. Frequency of exercise D. Intensity of exercise E. Duration of exercise F. Assessment of goals |
| Lab | 4 | III | Aquatic Equipment and Accessories <ul style="list-style-type: none"> A. Bouyancy vests B. Neck collars C. Bouyancy dumbbells/barbell D. Velcro bouyancy wraps E. Kickboards F. Styrofoam Noodles G. Webbed Gloves and Paddles |
| Lab | 4 | IV | Floating and Bouyancy <ul style="list-style-type: none"> A. Back floating B. Front floating C. Postural positioning D. Muscle versus fat |
| Lab | 28 | V | Swimming Skills <ul style="list-style-type: none"> A. Breathing B. Sculling C. Elementary backstroke D. Backstroke E. Breaststroke F. Frontcrawl G. Sidestroke H. Treading water |
| Lab | 12 | VI | Hydroexercise Principles <ul style="list-style-type: none"> A. Surface area B. Speed of movement C. Turbulance |
| Total Lecture Hours | | 0 | |
| Total Laboratory Hours | | 54 | |
| Total Hours | | 54 | |

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate to instructor the fundamental skills of a flutter kick when swimming on one's back, front, or when positioning self in a prone position when holding onto the pool edge.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Verbally explain to instructor how surface area, speed of movement, and turbulence will effect the amount of resistance during hydroexercise when performing a 50 yard power walk.
2. Do a self-analysis of your favorite swimming stroke and identify your strengths and weaknesses. Demonstrate the swimming stroke to your instructor and verbally explain your efficiency or challenges with the following: 1) arm stroke, 2) leg stroke, 3) breathing, and 4) sequence of arms, legs and breathing. Identify and discuss any specialized equipment that you use to enhance your swimming ability.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Quizzes

Class Performance

Multiple Choice

Completion

Matching Items

True/False

V. INSTRUCTIONAL METHODS

Demonstration

Lecture

Other (please specify)

1. Educational handouts
2. Individual instruction of swimming skills

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- B. ALTERNATIVE TEXTBOOKS
- C. REQUIRED SUPPLEMENTARY READINGS
- D. OTHER REQUIRED MATERIALS
 - 1. Swimsuit
 - 2. Towel
 - 3. Goggles
 - 4. Swim cap (if hair is longer than 4 inches)

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

| Requisites | Category and Justification |
|------------|----------------------------|
|------------|----------------------------|

B. Requisite Skills

| Requisite Skills |
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C. Recommended Preparations (Course and Non-Course)

| Recommended Preparation | Category and Justification |
|-------------------------|----------------------------|
|-------------------------|----------------------------|

D. Recommended Skills

| Recommended Skills |
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E. Enrollment Limitations

| Enrollment Limitations and Category | Enrollment Limitations Impact |
|-------------------------------------|-------------------------------|
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Course created by Mary martin on 02/01/1985.

BOARD APPROVAL DATE: 12/10/1984

LAST BOARD APPROVAL DATE: 12/14/2015

Last Reviewed and/or Revised by Mark Lipe on 09/17/2015