I. Course Information

Course Acronym:* PE

Course Number:* 402

Descriptive Title:* Adapted Swimming and Hydroexercise

Division: Health Sciences and Athletics

Department:* Physical Education

Course Disciplines: Physical Education

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:

Prerequisite:

Co-requisite:

Recommended Preparation:

Enrollment Limitation:

Course Length: Full Term

Hours Lecture (per week): 0

Hours Laboratory (per week): 3

Outside Study Hours:* 0

Total Course Hours:* 54

Course Units:* 1

Grading Method: Letter grade and Pass/No Pass

Credit Status: Credit, degree applicable

Transfer CSU: Yes **Effective Date:** Prior to July 1992

Transfer UC: Yes **Effective Date:** Prior to July 1992

General Education: ECC 5 - Health and Physical Education

Term: **Other:**

CSU GE: E - Lifelong Understanding and Self-Development

Term: **Other:**

IGETC:

Term: **Other:**

II. Outcomes and Objectives

A. Student Learning Outcomes (SLOs) **(The course student learning outcomes are listed below.)**
SLO revisions are completed via the SLO Change Form available on the College Curriculum Committee website.

Student Learning Outcomes:
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

B. Course Objectives **(The major learning objective for in this course are listed below.)**

Course Objectives:

1. Formulate fitness goals and the methods to reach them through swimming and hydroexercise.

2. Exhibit measurable progress pertaining to physical fitness or swimming skills.

3. Analyze the effects of buoyancy and resistance as it pertains to the student's exercise program in the water.

4. Demonstrate and explain the relationship of head position to the effectiveness of floating on one's back.

5. Compare and contrast the various types of equipment and accessories used in swimming and hydroexercise.

6. Identify the various types of swimming strokes.

7. Analyze stroke mechanics and identify the fundamental corrections to improve swimming technique.

III. Outline of Subject Matter

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)
Example:

I. Main Topic (3 hours, lecture)
- **A. Sub topics**
- **B. Sub topics**
  - **1. Super sub topic**
  - **2. Super sub topic**

Major Topics:

I Orientation (2 hours, Lab)

A. Pool rules and safety procedures

B. Academic Accommodation Plan (AAP)

C. Documentation of measureable progress

D. "Special Course" repeat petition

II Fitness and Hydroexercise Goals (4 hours, Lab)

A. Personalized goals

B. Strategies to achieve goals

C. Frequency of exercise

D. Intensity of exercise

E. Duration of exercise

F. Assessment of goals

III Aquatic Equipment and Accessories (4 hours, Lab)

A. Bouyancy vests

B. Neck collars

C. Bouyancy dumbells/barbell

D. Velcro bouyancy wraps

E. Kickboards

F. Styrofoam Noodles

G. Webbed Gloves and Paddles

IV Floating and Bouyancy (4 hours, Lab)

A. Back floating

B. Front floating

C. Postural positioning

D. Muscle versus fat

V Swimming Skills (28 hours, Lab)

A. Breathing

B. Sculling

C. Elementary backstroke

D. Backstroke

E. Breaststroke

F. Frontcrawl

G. Sidestroke

H. Treading water

VI Hydroexercise Principles (12 hours, Lab)

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 (choose one):

1) Substantial writing assignments

2) Problem solving demonstrations (computational or non-computational)

3) Skills demonstrations

Primary Method of Evaluation: Skills demonstrations

B. Typical Assignment Using Primary Method of Evaluation

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 positon when holding onto the pool edge.

C. College-level Critical Thinking Assignments

Critical Thinking Assignment 1: Verbally explain to instructor how surface area, speed of movement, and unbalance will effect the amount of resistance during hydroexercise when performing a 50 yard power walk.

Critical Thinking Assignment 2: Do a self-analysis of your favorite swimming stroke and identify your strengths and weaknesses. Demontrate 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 disucss any specialized equipment that you use to enhance your swimming ability.

D. Other Typical Assessment and Evaluation Methods

Examples: **Class Performance, Objective Exam, Clinical Evaluation, Oral Exams, Completion, Other Exams, Embedded Questions, Performance Exams, Essay Exams, Presentation, Fieldwork, Quizzes, Homework Problems, Reading Reports, Journal kept throughout course, Term or Other Papers, Laboratory Reports, True/False, Matching Items, Written Homework, Multiple Choice, Other (specify)**

Other Evaluation Methods: Performance exams, Quizzes, Class Performance, Multiple Choice, Completion, Matching Items, True/False

V. Instructional Methods

Examples: **Lecture, Group Activities, Lab, Role play/simulation, Discussion, Guest Speakers, Multimedia presentations, Field trips, Demonstration, Other (specify)**

Instructional Methods: Demonstration, Lecture

If other: 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

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.

Student hours outside of class per week is Zero.

If Other:

VII. Texts and Materials

A. Up-to-date Representative Textbooks: Please use the following format(s):

Printed Text - Author, Title, Edition, Publisher, Year.
Digital Text (OER Text) - Author (last name first). Title. Edition or Version (if beyond 1st). Publisher, Publication year or Revision date. URL. License.
Sample: *Dillon, Dave. Blueprint for Success in College and Career. Version 1.3. Rebus Community, 2018. press.rebus.community/blueprint2/. Licensed under CC BY 4.0.*

If you wish to list a text that is more than 5 years old, please annotate it as a "discipline standard".

Multiple textbooks may be listed.

Up-To-Date Representative Textbooks:

B. Alternative Textbooks: Please use the following format(s): if applicable

Printed Text - Author, Title, Edition, Publisher, Year.

Digital Text (OER Text) - Author (last name first). Title. Edition or Version (if beyond 1st). Publisher, Publication year or Revision date. URL. License.

Sample: *Dillon, Dave. Blueprint for Success in College and Career. Version 1.3. Rebus Community, 2018. press.rebus.community/blueprint2/. Licensed under CC BY 4.0.*

If you wish to list a text that is more than 5 years old, please annotate it as a "discipline standard".

Multiple textbooks may be listed.

Alternative Textbooks:

C. Required Supplementary Readings

Required Supplementary Readings:

D. Other Required Materials

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 Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite:	
Category:	
Requisite course(s): List both prerequisites and corequisites in this box.	
Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).	

B. Requisite Skills: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite Skill:	
Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable	

C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite course:	
Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).	

D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite Skill:	
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable	

E. Enrollment Limitations

Enrollment Limitations and Category:

Enrollment Limitations Impact:

Course Created by: Mary Martin **Date:** 02/01/1985

Original Board Approval Date:

Last Reviewed and/or Revised by: Mark Lipe **Date:** 10/15/2021

Last Board Approval Date: