

# KIN 0071 - ADAPTED AQUATICS

## Catalog Description

Formerly known as PHED 73

Advisory: Physician's approval recommended for participation

Hours: 36 activity per unit

Description: For physically and/or developmentally challenged individuals, providing individually prescribed exercises, adaptive and/or modified swimming, and exercises designed to improve ambulation, balance, and cardiorespiratory endurance. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Demonstrate and discuss two methods of safely entering the pool with respect to the students individual physical or developmental abilities.
- CSLO #2: Discuss and demonstrate modified pool ambulation using assistive swim equipment.
- CSLO #3: Identify and demonstrate various methods of ambulation in the pool for individuals with different physical or developmental abilities.
- CSLO #4: Demonstrate the ability to walk, jog, or swim a minimum of 25 yards.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

18-72

## Outside of Class Hours

9-36

## Total Student Learning Hours

27-108

## Course Objectives

1. Demonstrate and discuss two methods of safely entering the pool with respect to the students individual physical or developmental abilities.
2. Discuss modified pool ambulation using assistive swim equipment.
3. Identify various methods of ambulation in the pool for individuals with different physical or developmental abilities.
4. Demonstrate the ability to walk, jog, or swim a minimum of 25 yards.
5. Develop a nutritional plan using information provided by the instructor.

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)

- CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Classroom Discussions
  - Example: Correctly identify and explain two water safety procedures.
- Skill Demonstrations
  - Example: Swim, walk or jog a minimum of 25 yards with modified adjustments to your stroke.

## Repeatable

No

## Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructor will facilitate a class discussion on stroke efficiency and have students self evaluate their stroke level.
2. Instructor will facilitate a class discussion on instructional aid devices and place students into small groups to discuss which device they feel is most appropriate.

Distance Learning

1. Discussion by the instructor on nutrition. The students discuss this topic in small groups.
2. Instructor will lead a discussion on methods of ambulation in the pool. The students will discuss the skills in small groups.

## Typical Out of Class Assignments

### Reading Assignments

1. Read one article in a swimming magazine regarding swim stroke technique and apply it to your workout.
2. Read article on modified pool ambulation and be prepared to discuss in class.

### Writing, Problem Solving or Performance

1. Write a weekly journal on personal nutrition.
2. Demonstrate swimming, pool walking and pool jogging using assistive swim equipment.

**Other (Term projects, research papers, portfolios, etc.)**

**Required Materials**

**Other materials and-or supplies required of students that contribute to the cost of the course.**

Instructor supplied materials.