

**Course Outline for KIN AAQE
ADAPTED AQUATIC EXERCISE**

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN AAQE — ADAPTED AQUATIC EXERCISE — 0.50 - 2.00 units

This class is an opportunity for students with disabilities to improve muscle strength and endurance through exercises done in shallow water. The pool allows minimal joint stress while doing range of motion and strengthening exercises. This class is designed for students with limitations that are directly related to their verified physical or mental disabilities. Exercises will be adapted to the individual's needs and disability. Students must have a current clearance from their doctor to participate in this class.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

Family: Kinesiology Adaptive

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Design and participate in a safe and effective exercise program within one's limitations in a pool situation.
- B. Incorporate the components of fitness to maintain and improve fitness with one's limitations
- C. Understand safe and effective swimming principles
- D. Understand the benefits of movement and non weight bearing exercise and their importance to a healthy lifestyle.
- E. Demonstrate correct and safe movement in an around the pool area
- F. Exhibit proper pool etiquette
- G. Perform proper and safe exercise technique within limitations of disability
- H. Demonstrate knowledge of techniques of continually improve and maintain components of fitness over a lifetime

V. CONTENT:

- A. The differences between adapted physical education and therapy. This course provides physical education, not therapy
- B. Identifying disabilities, goals and limitation
- C. How to perform exercises in the water as independently as possible
- D. The benefits on non-weight bearing exercises
 - 1. greater independence
 - 2. increased range of motion
 - 3. reduced pain and how it relates to a healthy lifestyle
- E. Benefits of cardiovascular endurance
- F. Benefits of muscular strength and muscular endurance
- G. Benefits of circulation
- H. Proper selection, use and safety procedures around a pool environment
 - I. Proper etiquette to ensure safety and comfort level of all participants both in and out of the pool.
- J. Individual limitations due to medications and disability in order to achieve maximum fitness potential will be monitored

VI. METHODS OF INSTRUCTION:

- A. Physical demonstration 1. Individual, small group and class activities to enhance student training and performance
- B. Visual and physical demonstration
- C. Participation and practice in the pool and on the deck

VII. TYPICAL ASSIGNMENTS:

A. Complete health history form, clearly communicating limitation, accommodation and goals. B. Apply the "F.I.T.T." principle to the cardiovascular endurance component of your workout 1. Students would communicate the Frequency, Intensity, Time and Type of their cardiovascular workout to their instructor 2. Identify and demonstrate correct core strengthening endurance exercises for one's disability

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
- B. Class Participation
- C. Class Performance
- D. Other

1. Methods

- a. Student participation
 - 1. Effort demonstrated
 - 2. Participation is evaluated daily.
- b. Informal assessment of student's knowledge level related to exercises performed
 - 1. Does the student warm up and cool down independently?
 - 2. Does student follow his/her program design?
 - 3. Does student perform exercise safely?
 - 4. Does student ask for clarification or assistance when needed?
- c. Performance of proper technique
 - 1. proper breathing
 - 2. proper control of muscles and joints to safety do exercises in the water.

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will provide their own clothing, pool shoes and towel