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**Course Outline for KIN AAQE
ADAPTED AQUATIC EXERCISE
Effective: Spring 2015**

I. CATALOG DESCRIPTION:

KIN AAQE — ADAPTED AQUATIC EXERCISE — 1.00 - 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. Students with verified disability may petition to take this course for credit more than once.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

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. Demonstrate safe and effective swimming principles
- D. Verbally discuss the benefits of movement done in water, 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 of 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. 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
- 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:

A. **Methods**

1. Exams/Tests
2. Class Participation
3. Class Performance

B. **Frequency**

1. Daily evaluation of student's progress/participation by instructor
2. Student's self evaluation
3. Midterm and final examination

IX. TYPICAL TEXTS:

1. Aquatic Exercise Association. *Aquatic Fitness Professional Manual*. 6th ed., Human Kinetics, 2010.
2. Knopf, Karl. *Make the Pool your Gym: No impact Water Workouts for getting Fit*. 1st ed., Ulysses Press, 2012.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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