

Lassen Community College Course Outline

DS 155 Adaptive Aquatics for the Physically Limited 0.0 Units

I. Catalog Description

This course is designed to give adapted physical education students, including students with a need for rehabilitation and students with chronic medical diagnoses or permanent disabilities, an opportunity to improve strength, cardiovascular endurance, flexibility, balance, and/or gait through aquatic skills and movement. A \$40 fee will be charged at registration to cover the cost of aquatic facility usage.

Does not transfer to UC/CSU

24 Hours Lab (8 weeks)

Scheduled: Summer/Fall

II. Coding Information

Repeatability: Unlimited

Grading Option: Not Graded (non-credit)

Credit Type: Noncredit (Not Community Srv)

TOP Code: 083580

This course will have a limit of 15 students due to the nature of the environment and safety issues due to limitation of student's physical mobility.

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

1. Demonstrate proper entering and exiting the pool
2. Identify what exercises build muscle, aerobics and flexibility
3. Demonstrate ability the beginning skills for swimming breathing, floating, kicking and arm exchange.
4. Identify what to do in an emergency when lifeguard blows the whistle

B. Course Objectives

Upon completion of this course the student will be able to:

1. Demonstrate the ability to be mentally and physically adjusted to the water.
2. Demonstrate the ability to breathe hold.
3. Demonstrate the ability to bob successfully.
4. Demonstrate the ability to open their eyes under water.
5. Demonstrate the proper safety around and in the pool.
6. Demonstrate the ability to perform a prone and supine float.
7. Demonstrate the ability to change from a front position to a back position.
8. Demonstrate the ability to switch from a floating position to a standing position.

10. Demonstrate adapted arm stroke.
11. Demonstrate adapted leg kick.
12. Demonstrate the proper use of floatation devices.
13. Demonstrate the proper use of kickboards and fins.
14. Demonstrate proper timing while breathing.
15. Demonstrate proper rotary breathing while swimming.
16. Demonstrate survival floating for a minimum of two-minutes.
17. Develop individual program based on:
 - a. Cardiovascular ability
 - b. Strength
 - c. Flexibility
 - d. Balance
 - e. Gait
 - f. Functional Mobility
 - g. Fitness Goals
 - h. Precautions and contraindications

IV. Course Content

This class is designed to adapt various swimming skills for the physically limited. These activities include:

- A. Water exploration
 1. Mental and physical adjustment to the water.
 2. Breathe holding
 3. Bobbing
 4. Open eyes under water
 5. Safety
- B. Buoyancy and Body Position
 1. Floating-prone and supine
 2. Changing position-front and back
 3. Regaining feet
 4. Safety
- C. Propulsion with Arms and Legs
 1. Adapted arm stroke (human stroke, single arm, modified)
 2. Adapted leg kick
 3. Use of flotation devices
 4. Use of kickboards and fins
- D. Breathing / Coordination
 1. Timing
 2. Rotary breathing
 3. Survival floating
 4. Turns
- E. Pre and Post test:
 1. Strength, static/dynamic balance, and gait will be assessed. Exercise precaution and contraindications will be considered. An aquatic exercise program with progressions will follow.
 2. Flexibility for upper and lower body through goniometric measurement. Exercise precaution and contraindications will be considered. A stretching/flexibility program with progressions will follow.
 3. Cardiovascular endurance will be measure by walking or jogging in shallow or deep water with water jogger and swimming. Use of

heart monitor watches. Exercise precaution and contraindications will be considered. An endurance program with progressions will follow.

4. Swimming techniques will be evaluated and instruction for modification will follow. Exercise precaution and contraindications will be considered. An endurance program with progressions will follow.

V. Assignments

A. Appropriate Readings

None

B. Writing Assignments

None

C. Expected Outside Assignments

None

D. Specific Assignments that Demonstrate Critical Thinking

None

VI. Methods of Evaluation

- A. Problem Solving Exams
- B. Class Participation
- C. Pre and Post testing

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery Correspondence Delivery

Interactive Television Delivery Online Delivery

Demonstration

Individual Instruction

VIII. Representative Texts and Supplies

Students will supply their own bathing suits, goggles, towels and showering toiletries

IX. Discipline/s Assignment

Physical Education-Adaptive, Specialized Instruction for Students with Disabilities-Non-Credit, Disabled Students Program & Services-Credit Instructor.

X. Course Status

Current Status: Activate

Original Approval Date: 5/14/2001

Chancellor's Office Approval Date: 09/12/2001

Revised By: Carrie Nyman

Latest Curriculum/Academic Standards Committee Revision Date: 10/18/2022