

College of San Mateo
Official Course Outline

1. **COURSE ID:** ADAP 100 **TITLE:** Adapted Aquatics
Semester Units/Hours: 0.5 - 1.0 units; a minimum of 24.0 lab hours/semester; a maximum of 48.0 lab hours/semester

Method of Grading: P/NP Only

Recommended Preparation:

Recent physical examination and disability verification form.

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Offered primarily for students with physical limitations. Students practice techniques to increase range of motion, and strengthen weakened extremities through water-oriented exercises and swim instruction. May be repeated for competence and continued evaluation of improvement.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Incorporate aquatic strength exercises into student's exercise program.
2. Organize all exercise modalities in the most effective order based on student's fitness goals.
3. Select exercises than can be performed according to the student's ability.
4. Perform certain exercises independently.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Incorporate aquatic strength exercises into student's exercise program.
2. Organize all exercise modalities in the most effective order based on student's fitness goals.
3. Select exercises that can be performed according to the student's ability.
4. Perform certain exercises independently.

6. **COURSE CONTENT:**

Lab Content:

1. Introduction to:
 1. Appropriate aquatic exercise by disability
 2. Group exercise to music
 3. Use of aquatic environment for increasing strength and rage of motion
 4. Use of aquatic environment to improve ambulatory skills
 5. Cardiovascular training
 1. Adaptive swimming
 2. Water walk/jog program
 6. Improve swimming skills through appropriate instruction
2. Routine participation in:
 1. Group aqua aerobics
 2. Ambulation training
 3. Individual aquatic training
 4. Cardiovascular training
 5. swim skills improvement

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

1. Activity
2. Individualized Instruction
3. Observation and Demonstration

4. Other (Specify): Handouts and individual/group exercises.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

1. Class Participation
2. Exams/Tests
3. Students will be given pre and post fitness tests, and will complete a self-evaluation form.

10. REPRESENTATIVE TEXT(S):

Origination Date: August 2010
Curriculum Committee Approval Date: November 2012
Effective Term: Fall 2013
Course Originator: Shana Young