

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** ADAP 100    **TITLE:** Adapted Aquatics  
**Units:** 0.5 or 1.0 units    **Hours/Semester:** 24.0-54.0 Lab hours  
**Method of Grading:** Pass/No Pass 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  
**CSU GE:**  
    CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2
  
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 competency 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:
    - A. Appropriate aquatic exercise by disability
    - B. Group exercise to music
    - C. Use of aquatic environment for increasing strength and rage of motion
    - D. Use of aquatic environment to improve ambulatory skills
    - E. Cardiovascular training
      - a. Adaptive swimming
      - b. Water walk/jog program
    - F. Improve swimming skills through appropriate instruction
  2. Routine participation in:
    - A. Group aqua aerobics
    - B. Ambulation training
    - C. Individual aquatic training
    - D. Cardiovascular training
    - E. swim skills improvement
  
7. **REPRESENTATIVE METHODS OF INSTRUCTION:**  
    Typical methods of instruction may include:
  - A. Activity
  - B. Individualized Instruction

- C. Observation and Demonstration
- D. Other (Specify): Handouts and individual/group exercises.

**8. REPRESENTATIVE ASSIGNMENTS**

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

**Reading Assignments:**

Instructor generated handouts will be provided as supplemental material.

**Other Outside Assignments:**

Students are encouraged to engage in outside activity to supplement in-class activity.

**9. REPRESENTATIVE METHODS OF EVALUATION**

Representative methods of evaluation may include:

A. Class Participation

B. Exams/Tests

C. Students will be given pre and post fitness tests, and will complete a self-evaluation form.

**10. REPRESENTATIVE TEXT(S):**

Other:

A. Instructor generated handouts.

**Origination Date:** July 2020

**Curriculum Committee Approval Date:** January 2022

**Effective Term:** Fall 2022

**Course Originator:** Mikel Schmidt