

Course Outline of Record

1. Course Code: KINE-066
2.
  - a. Long Course Title: Adapted Fitness Aquatics
  - b. Short Course Title: ADAPTD FITNESS AQUATICS
3.
  - a. Catalog Course Description:  
 This course for students with disabilities emphasizes physical fitness, flexibility, and balance through resistance exercises in the water. The pool is four feet deep. Pool lifts and mobility aides are available.
  - b. Class Schedule Course Description:  
 This class is for students with disabilities using resistant type exercises in a chest-deep pool.
  - c. Semester Cycle (if applicable): Fall and Spring
  - d. Name of Approved Program(s):
    - KINESIOLOGY Associate in Arts for Transfer Degree (AA-T)
4. Total Units: 1.00      Total Semester Hrs: 36.00  
 Lecture Units: 0.5      Semester Lecture Hrs: 9.00  
 Lab Units: 0.5      Semester Lab Hrs: 27.00  
 Class Size Maximum: 12      Allow Audit: No  
 Repeatability No Repeats Allowed  
 Justification Repeats allowed with counselor signature.
5. Prerequisite or Corequisite Courses or Advisories:  
*Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)*  
 Advisory: Designed for students with disabilities
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) *N/A*
7. Entrance Skills: *Before entering the course students must be able:*
  - a.  
be eligible to take college credit courses

8. Course Content and Scope:

Lecture:

1. Aquatics for Fitness
  1. Why a water workout?
  2. What to expect from a water workout
  3. Entering and exiting the pool
  4. Cardiovascular benefits
  5. Muscular strength
  6. Muscular endurance
  7. Fitness and flexibility
  8. Balance and coordination
2. Getting Equipped
  1. Pool Depth
  2. Swim Gear
  3. Sole Support
  4. Skin Protection
  5. Equipment
3. Aquatics the Right Way
  1. Postures
  2. Basic Stances

# KINE 066-Adapted Fitness Aquatics

3. Basic Moves
4. Customizing Your Workout
4. Upper Body
  1. Lower Body
  2. Deep Water Workouts

Lab: *(if the "Lab Hours" is greater than zero this is required)*

A customized water exercise workout designed to meet the individual needs of each student for a duration of 30 to 40 minutes. Workouts may be in a shallow pool and/or deep water.

## 9. Course Student Learning Outcomes:

1.  
Develop water fitness program which reflects an understanding of their individual capabilities and needs
2.  
Develop physical fitness
3.  
Recognize the benefits of a water exercise program

## 10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Perform aquatic skills modified to their needs
- b. Demonstrate an understanding of the benefits of exercise
- c. Use developed skills for easier entrance and exit from the pool
- d. Demonstrate improved endurance, strength, flexibility, balance, and coordination
- e. Demonstrate an increase in confidence
- f. Demonstrate an understanding of safety and injury prevention

## 11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Collaborative/Team
- c. Demonstration, Repetition/Practice
- d. Discussion
- e. Lecture
- f. Observation
- g. Participation
- h. Self-exploration
- i. Technology-based instruction

Other Methods:

Demonstrations Student reports On line learning activities, discussion threads and article reading

## 12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

### a. In-class Assignments

1. Practicing skills and water exercises
2. Design a personal exercise routine
3. View video examples on swimming and water exercises
4. Partner and group evaluation of skills and exercises

### b. Out-of-class Assignments

1. View video examples on swimming and water exercises
2. Assigned reading with written reports
3. Practice skills and water exercises
4. Design a water exercise routine lasting at least 10 minutes incorporating all the major muscle groups
5. Researching new fitness trends that apply to water fitness

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- College level or pre-collegiate essays
- Written homework
- Critiques
- Portfolios
  - Individualized workout program
- Field/physical activity observations
- Presentations/student demonstration observations
  - Demonstrate an ability to design a workout program. Cite the benefits of a water exercise program. Recognize appropriate water exercises based on individual needs.
- Group activity participation/observation
  - Demonstrate an ability to exercise in a group setting.
- Self/peer assessment and portfolio evaluation
- True/false/multiple choice examinations
- Mid-term and final evaluations
  - Demonstrate their individualized water exercise program. Understand the benefits of a water exercise program. Develop physical fitness.
- Student participation/contribution
- Student preparation

14. Methods of Evaluating: Additional Assessment Information:

a. Grades will be based upon: b. Skill demonstration and participation c. Improvement of physical fitness and participation in fitness testing c. Homework, fitness testing, mid-term, final exam d. Individual and Group Participation and written application

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Value learning as a lifelong endeavor designed to enrich one’s life.

Recognize and value the human body as an integrated organism with systemic functions such as movement, nutrition, growth, reproduction, and aging.

16. Comparable Transfer Course

<b>University System</b>	<b>Campus</b>	<b>Course Number</b>	<b>Course Title</b>	<b>Catalog Year</b>
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17. Special Materials and/or Equipment Required of Students:

None.

18. Materials Fees:  Required Material?

<b>Material or Item</b>	<b>Cost Per Unit</b>	<b>Total Cost</b>
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# KINE 066-Adapted Fitness Aquatics

19. Provide Reasons for the Substantial Modifications or New Course:

This course is due for periodic review.

20. a. Cross-Listed Course (*Enter Course Code*): N/A  
b. Replacement Course (*Enter original Course Code*): N/A

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000292698  
b. T.O.P. Code [CB03]: 83580.00 - Adapted Physical Educatio  
c. Credit Status [CB04]: D - Credit - Degree Applicable  
d. Course Transfer Status [CB05]: A = Transfer to UC, CSU  
e. Basic Skills Status [CB08]: 2N = Not basic skills course  
f. Vocational Status [CB09]: Not Occupational  
g. Course Classification [CB11]: Y - Credit Course  
h. Special Class Status [CB13]: S - Approved for Disability  
i. Course CAN Code [CB14]: N/A  
j. Course Prior to College Level [CB21]: Y = Not Applicable  
k. Course Noncredit Category [CB22]: Y - Not Applicable  
l. Funding Agency Category [CB23]: Y = Not Applicable  
m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): N/A

*Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)*

23. Enrollment - Estimate Enrollment

First Year: 12  
Third Year: 12

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes  
b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 02/09/16