

**APE 701 Course Outline as of Fall 2019****CATALOG INFORMATION**

Dept and Nbr: APE 701 Title: ADAPTED SWIMMING

Full Title: Adapted Swimming

Last Reviewed: 11/26/2018

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	0	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	0	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 52.50

Title 5 Category: Non-Credit

Grading: Non-Credit Course

Repeatability: 27 - Exempt From Repeat Provisions

Also Listed As:

Formerly: LPE 701

**Catalog Description:**

This course is designed for students with disabilities. Personalized programs will include instruction in water safety, aquatic exercise and basic swimming skills. Programs will address the limitations of individual disability. Emphasis is on encouraging independence through the teaching of lifelong fitness skills.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: This course is designed for students with disabilities. Personalized programs will include instruction in water safety, aquatic exercise and basic swimming skills. Programs will address the limitations of individual disability. Emphasis is on encouraging independence through the teaching of lifelong fitness skills. (Non-Credit Course)

Prerequisites/Corequisites:

Recommended:  
Limits on Enrollment:  
Transfer Credit:  
Repeatability: Exempt From Repeat Provisions

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>		Effective:	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**  
Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Demonstrate personal safety in and around the pool.
2. Demonstrate basic swimming skills and exercise techniques addressing the individual limitations of disability and fitness goals.
3. Communicate benefits of implementing a lifelong fitness program using the medium of water.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Identify the limitations of individual disability in relationship to personal fitness goals.
2. Communicate needs for personal safety in and around the pool.
3. Perform swimming skills appropriate for individual limitations of disability.
4. Identify the benefit of aquatic activity.
5. Evaluate personal progress.

### **Topics and Scope:**

- I. Disability Awareness
  - A. Individual strengths
  - B. Individual limitations of disability
- II. Personal Safety
  - A. Entry and exit from pool
  - B. Necessary equipment
- III. Individual Aquatic Program
  - A. Indications and contraindications

- B. Goal setting
- C. Intensity and progression
- D. Review program
- E. Track progress

#### IV. Swimming Skills

- A. Rhythmic breathing
- B. Prone float
- C. Treading water
- D. Front glide
- E. Back float
- F. Flutter kick front and back
- G. Stroke work as appropriate

#### V. Benefits of Aquatic Fitness

- A. Muscular strength
- B. Muscular endurance
- C. Cardiovascular endurance
- D. Flexibility
- E. Body composition

#### Assignment:

1. Develop and implement an aquatic exercise program addressing individual limitations of disability
2. Perform swimming skills appropriate for disability

#### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Aquatic exercise program, swimming skills

Skill Demonstrations  
30 - 30%

**Exams:** All forms of formal testing, other than skill performance exams.

None

Exams  
0 - 0%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category  
70 - 70%

**Representative Textbooks and Materials:**

Swimming Anatomy. McLeod, Ian. Human Kinetics. 2010 (classic)  
Instructor prepared materials