

# PHDA 21A: MODIFIED AQUATICS

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 70X.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

## Student Learning Outcomes

- Students will be able to identify three of the primary components of fitness.
- Students will be able to identify and discuss how this class has improved their level of fitness, health and well being.

## Description

Group or individualized instruction in proper swimming and water exercise techniques.

## Course Objectives

The student will be able to:

1. Identify the components of an individualized swimming program
2. Develop and demonstrate an individualized swimming program
3. Identify and describe the basic swim strokes and basic water exercises
4. Demonstrate an increase in continuous swimming duration or an increase in distance per time
5. Demonstrate an increase in endurance through water exercise

## Course Content

1. Development of individualized swim program
2. Development of proper stroke technique
  - a. Arm pull
  - b. Kick
  - c. Breathing techniques
3. Swim equipment available for the physically limited individual
  - a. Kickboard
  - b. Hand paddles
  - c. Flotation devices
  - d. Fins

4. Cardiovascular endurance
5. Progression of swim techniques
  - a. Water entry
  - b. Blowing bubbles
  - c. Face in the water, floating
  - d. Gliding
  - e. Kicking
  - f. Arm pull
  - g. Timing
  - h. Breathing

## Lab Content

1. Training principles of cardiovascular exercise
2. Water dynamics
3. Physiological benefits
4. Symptoms of exercise intolerance

## Special Facilities and/or Equipment

Swimming pool.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Pre- and post-activity measurements  
Written self-evaluation  
Measurable progress on SEC

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Laboratory  
Demonstration  
Discussion  
Cooperative learning exercises

## Representative Text(s) and Other Materials

Handouts provided by instructor, as needed.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Optional reading and writing assignments as recommended by instructor

## Discipline(s)

Physical Education (Adapted): Disabled Student Programs and Services