

PHDA 21A: MODIFIED AQUATICS

Foothill College Course Outline of Record

| Heading | Value |
|------------------------------------|--|
| 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:

- identify the components of an individualized swimming program.
- develop and demonstrate an individualized swimming program.
- identify and describe the basic swim strokes and basic water exercises.
- demonstrate an increase in continuous swimming duration or an increase in distance per time.
- demonstrate an increase in endurance through water exercise.

Course Content

- Development of individualized swim program
- Development of proper stroke technique
 - Arm pull
 - Kick
 - Breathing techniques
- Swim equipment available for the physically limited individual
 - Kickboard
 - Hand paddles
 - Flotation devices
 - Fins
- Cardiovascular endurance
- Progression of swim techniques
 - Water entry
 - Blowing bubbles

- Face in the water, floating
- Gliding
- Kicking
- Arm pull
- Timing
- Breathing

Lab Content

- Training principles of cardiovascular exercise
- Water dynamics
- Physiological benefits
- Symptoms of exercise intolerance

Special Facilities and/or Equipment

Swimming pool.

Method(s) of Evaluation

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

Method(s) of Instruction

Laboratory, demonstration, discussion, cooperative learning exercises.

Representative Text(s) and Other Materials

Knopf, Karl. [Make the Pool Your Gym](#). Ulysses Press, 2012.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

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

Optional reading and writing assignments as recommended by instructor.

Discipline(s)

Physical Education (Adapted): Disabled Student Programs and Services