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:

a. Identify the components of an individualized swimming program
b. Develop and demonstrate an individualized swimming program
c. Identify and describe the basic swim strokes and basic water exercises
d. Demonstrate an increase in continuous swimming duration or an increase in distance per time
e. Demonstrate an increase in endurance through water exercise

Course Content

a. Development of individualized swim program
b. Development of proper stroke technique
    i. Arm pull
    ii. Kick
    iii. Breathing techniques
c. Swim equipment available for the physically limited individual
    i. Kickboard
    ii. Hand paddles
    iii. Flotation devices
    iv. Fins
d. Cardiovascular endurance
e. Progression of swim techniques
    i. Water entry
    ii. Blowing bubbles
    iii. Face in the water, floating
    iv. Gliding
    v. Kicking
    vi. Arm pull
    vii. Timing
    viii. Breathing

Lab Content

a. Training principles of cardiovascular exercise
b. Water dynamics
c. Physiological benefits
d. 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

a. Optional reading and writing assignments as recommended by instructor

Discipline(s)

Physical Education (Adapted): Disabled Student Programs and Services