

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

X  Transfer Course     X  A.A. Degree applicable course  
(Check all that apply)

**COURSE NUMBER AND TITLE:** PE 181 Adaptive Aquatics

**UNIT VALUE:** 1, 1.5

**MINIMUM NUMBER OF SEMESTER HOURS:** 32, 48

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS:** None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

Basic swimming, survival strokes, and water orientation adapted to individual student's disability.

**SPECIFIC COURSE OBJECTIVES:**

Successful students will:

1. identify basic skills related to beginning swimming and aquatic exercises
2. analyze progress related to endurance, strength and flexibility.
3. evaluate problem solving skills when planning other water sports.
4. apply principles of personal water principles, rules, and safety.
5. explain the ability to participate in aquatic activity responsibly.

## **CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Introduction
  - A. Assessment
  - B. Program design
  - C. Goal setting
  - D. Evaluation
  
- II. Mobility skills
  - A. independence
    - 1. Getting to the pool
    - 2. Changing clothes
    - 3. Entering the pool
    - 4. Exiting the pool
    - 5. Showering
    - 6. Dressing
    - 7. Returning to schedule
  
- III. Aquatic skills
  - A. Expectations based on abilities/disabilities
  - B. Some suggestions for specific disabilities follow
    - 1. Cerebral Palsy
      - a. Breath
        - (1) Holding
        - (2) Exhaling
        - (3) Bobbing
      - b. Water adjustment
      - c. Floating with assistance
      - d. Walking
      - e. Basic movement activities
      - f. Basic safety skills
      - g. Basic swim skills
      - h. Assisted water entry and exit
    - 2. Hearing impaired
      - a. Water adjustment activities
      - b. Perceptual motor activities
      - c. Games
      - d. Basic safety skills
      - e. Swimming skills
    - 3. Learning Disabled
      - a. Water adjustment activities
      - b. Multisensory cues
      - c. Basic movement activities
      - d. Perceptual motor activities
      - e. Basic swim skills
      - f. Basic safety skills
      - g. Small group activities
      - h. Assisted water entry and exist

4. Muscular Dystrophy
  - a. Safety
    - (1) Pool entry
    - (2) Pool exit
  - b. Breath
    - (1) Holding
    - (2) Exhaling
    - (3) Bobbing
  - c. Safety skills
    - (1) Turning over
    - (2) Recovery to feet
  - d. Activities involving full range of motion of limbs
  - e. Backstroke variations
  - f. Games and competition
  - g. Basic safety skills
  
5. Orthopedic and Head Trauma
  - a. It is impossible to categorize various degrees and kinds of conditions into a single approach, the overall areas of concern should be
    - (1) Balance
    - (2) Buoyancy
    - (3) Propulsion
  - b. The same swim skills that were performed by non-disabled students may be performed within these limitations
  - c. Basic safety skills

**REQUIRED READING:**

Instructor-generated handouts.

**SUGGESTED READING:**

None.

**REQUIRED WRITING:**

Skills demonstration is more appropriate.

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

Read and study handouts and lecture notes. Practice skills.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes \_\_\_\_\_ No X

**If yes, check all that apply:**

- \_\_\_\_\_ Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- \_\_\_\_\_ Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- \_\_\_\_\_ Two-Way Video Conferencing (Two-way interactive video and audio)
- \_\_\_\_\_ One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- \_\_\_\_\_ Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

Participation	80%
Skills demonstration	20%

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes X No \_\_\_\_\_ Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable: 58161 (c) (2) (A)

**CONTACT PERSON:** Dianne M. Boldt, Extension 2459

<b>SIGNATURES ON FILE</b>
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