

**I. CATALOG DESCRIPTION:**

A. Department Information:

Division: Physical Education, Athletics & Health  
Department: Physical Education  
Course ID: PE/I 184 X 4  
Course Title: Adapted Physical Education: Swimming  
Units: 1  
Lecture: None  
Lab: 3 Hours  
Prerequisite: None

B. Catalog and Schedule Description:

This course is designed for students with disabilities who want to learn to swim and become safe in the water. A completed adapted P.E. physical form, obtained from either the instructor or DSPS, is required prior to participation in this class.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four**

**III. EXPECTED OUTCOMES FOR STUDENTS**

**Upon successful completion of level one of this course, the student should be able to:**

- A. Identify 5 safety precautions one should execute before beginning an adapted swimming program
- B. Demonstrate how to enter the pool safely
- C. Demonstrate 3 cardiovascular exercises they can perform in the pool
- D. Demonstrate the survival float for 2 minutes
- E. Demonstrate beginner's stroke, with modifications
- F. Design a beginning water fitness program
- G. Identify the basic components of nutrition and hydration

**Upon successful completion of level two of this course, the student should be able to:**

- A. Demonstrate 5 cardiovascular exercises they can perform in the pool
- B. Describe the benefits of exercising in water
- C. Demonstrate the survival float for 3 minutes
- D. Demonstrate a low intermediate level swimming stroke, with modifications
- E. Design a low intermediate level water fitness program

**Upon successful completion of level three of this course, the student should be able to**

- A. Demonstrate the survival float for 4 minutes
- B. Swim 25 yards without assistance
- C. Demonstrate a high intermediate level swimming stroke, with modifications
- D. Design a high intermediate water fitness program

**Upon successful completion of level four of this course, the student should be able to:**

- A. Demonstrate the survival float for 5 minutes
- B. Swim 50 yards without assistance
- C. Demonstrate an advanced level swimming stroke, with modifications
- D. Design and advanced water fitness program

**IV. CONTENT:**

- A. Pool safety
  1. Moving on the pool deck
  2. Entering the shallow pool
  3. Entering the deep pool
  4. Use of the pool buoy
  5. Use of the sheppard's hook

- B. Floating and relaxation
  - 1. Back float
  - 2. Front float
  - 3. Jellyfish float
  - 4. Survival float
- C. Other skills
  - 1. Bobbing
  - 2. Turning front to back
  - 3. Turning back to front
  - 4. Submerging
  - 5. Sculling
  - 6. Breathing
- D. Strokes (modified for each individual)
  - 1. Front crawl
  - 2. Backstroke
  - 3. Sidestroke
  - 4. Breaststroke
  - 5. Butterfly
  - 6. Dog paddle
- E. Water fitness program
  - 1. Water exercises
  - 2. Intensity
  - 3. Frequency
  - 4. Duration
  - 5. Designing a water fitness program
  - 6. Nutrition and hydration
  - 7. Swimming as a lifetime skill

**V. METHODS OF INSTRUCTION: (Please check all that apply and add any additional not listed)**

- Lecture
- Class and/or small group discussion
- Critical evaluation of texts, newspapers, journal articles, and other printed research
- Critical evaluation of films, videotapes, audiotapes, or other media forms
- Classroom demonstrations
- Field trips
- Guest speakers
- Other:
- Other:

**VI. TYPICAL OUT-OF-CLASS ASSIGNMENTS:**

- A. Reading Assignment. Reading assignments are required and may include (but are not limited to) the following: After reading a journal article on aqua aerobics, discuss in small groups how the various exercises can be modified to suit individuals with disabilities.
- B. Writing Assignment. Writing assignments are required and may include (but are not limited to) the following: Write a 2-page paper identifying the various safety precautions one should take before beginning a water fitness program.
- C. Critical Thinking Assignment. Critical thinking assignments are required and may include (but are not limited to) the following: Design a water fitness program designed to improve muscular strength and cardiovascular endurance.

**VII. EVALUATION:**

A student's grade will be based on multiple measures of performance and will reflect the objectives explained above. A final grade of "C" or better should indicate that the student has the ability to successfully apply the principles and techniques taught in this course. These evaluation methods may include, but are not limited to, the following (Please check all that apply, and add additional not listed):

- Portfolios
- Projects
- Written papers or reports
- Presentations (oral and visual)
- Work performance (internships or field work)
- Lab work
- Comprehensive examinations (cumulative finals or certifications)
- Peer evaluation
- Self evaluation
- Classroom participation
- Homework
- Other
- Other

**VIII. TYPICAL TEXT(S):**

- A. Colwin, Cecil. Breakthrough Swimming. Human Kinetics, 2002.
- B. Marin, John. Aqua Fitness. Simon and Schuster Australia, 2001.
- C. Hodge, Samuel. Case Studies in Adapted Physical Education: Empowering Critical Thinking. Holcomb Hathaway Publishing, 2002.

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS:**

- A. Swimsuit, sandals or water socks, towel, and hat