

KIN 148: ADAPTED AQUATIC EXERCISES

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Total Student Learning Hours:	72
Prerequisite:	Physician's written diagnosis of physical disability and exercise limitations.
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Designed for the student with a disability who is unable to participate in a non-Adapted Physical Education class. A medical doctor's written prescription of exercise limitations is required. 18 lecture hours, 18 lab hours.

Course Objectives

- improve endurance, strength, and flexibility within the limits of their physical disability through water exercises
- independently analyze the effect of their disability on physical fitness
- formulate and assess solutions to physical limitations which will enable them to become as physically functional in water as possible

Major Course Content

1. Introduction
 - a. Orientation/Safety procedures
 - b. Transfer techniques (wheel chair/lifts)
 - c. Benefits gained from a regular exercise program
 - d. Body composition and the effects of excessive weight gain
 - e. Types of cardiovascular disease/ Risk factors of CVD
2. Flexibility
 - a. Measuring Flexibility
 - b. Benefits of enhancing/maintaining flexibility
 - c. Techniques/ Exercises to develop flexibility
 - i. Passive Range of Motion
 - ii. Active Range of Motion
3. Muscular Strength and Endurance
 - a. Identify the muscular system
 - b. Lifting mechanics for individual muscle groups

- c. Develop a training program for improving muscular strength and endurance
4. Cardiovascular Endurance
 - a. Benefits of enhancing cardiovascular endurance
 - b. Steps in formulating a cardiovascular exercise program
 - c. Determining target heart rate for training
 5. Balance and Coordination
 - a. Exercises to improve walking gait
 - b. Development of Fine Motor and Gross Motor skills
 6. Recreational Activities
 - a. Swimming (Adapted swimming strokes)
 - b. Water Aerobics
 - c. Aqua Jogging
 7. Special Olympics
 - a. Participants
 - b. Spectators
 - c. Aides

Lab Content

1. FLEXIBILITY EXERCISES
 - a. Lower Body
 - i. Sit Cycle
 - ii. Cross Country Skiing
 - iii. Stride Jump
 - iv. Cross Stride Jump
 - v. Double Knee Lifts
 - vi. Hip Flexion/ Extension
 - vii. Hip Adduction/ Abduction
 - viii. Double Knee Bends
 - ix. Toe Raises
 - b. Upper Body Exercises
 - i. Bent Arm Pulls
 - ii. Straight Arm Pulls
 - iii. Shoulder Circles
 - iv. Cross Shoulder
 - v. Hug Stretch
 - vi. Overhead Pullover
 - vii. Wrist Waves
 - viii. Elbow Press
 - ix. Piano Stretches (fingers)
 - x. Figure Eights
2. CARDIORESPIRATORY ENDURANCE
 - a. Swimming
 - b. Aqua Aerobics
 - c. Aqua Jogging
 - d. Water Jacks
 - e. Water Cycling
 - f. Walking
3. GAIT and BALANCE
 - a. Side Stepping
 - b. Soldier Walk
 - c. Breast Stroke Walk
 - d. Stork Standing

- e. Four Corner Pivot
 - f. One Leg Balance
4. MUSCULAR STRENGTH and ENDURANCE
- a. Push/Pull (pectorals)
 - b. Chest Flys
 - c. Bicep Curls
 - d. Tricep Extension
 - e. Wrist Flexion/ Extension
 - f. Knee Flexion / Extension
 - g. Hamstring Curls
 - h. Shoulder Shrugs
 - i. Shoulder Press Down
 - j. Shoulder Raises (lateral/anterior)
 - k. Knee Bends (body weight)
 - l. Lunges (body weight)

Suggested Reading Other Than Required Textbook

Instructor Handouts

Examples of Required Writing Assignments

Individual Education Program goals

Examples of Outside Assignments

Prepare a weekly diet log and figure caloric intake and caloric output for the week. Prepare a weekly workout program that contains muscular strength and endurance activity, flexibility activity and cardiorespiratory endurance activity.

Instruction Type(s)

Lab, Lecture