

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE

Department of Kinesiology

KIN 313 Adapted and Therapeutic Aquatic Exercise

Units:	2 units	Professor:	John Banola
Co-requisite:	KIN 201 or 241 & KIN 311; Concurrent enrollment in KIN 313L	Office:	BC 118
Term:	Spring 2008	Office Hours:	MW 11:00A-12:00P TR 9:00-10:00A or by appointment
Time:	MW 12:00-12:50P	Phone:	818-677-7210
Location:	BC 140 (Brown Center)	Email:	john.banola@csun.edu

Required Textbook

Selected readings from: Bates, A. & Hanson, N. (1996). *Aquatic exercise therapy*. Philadelphia, PA: W.B. Saunders Company. Readings are available online at the CSUN library website under the "course reserves" link. The password is 2192.

Course Description

A theoretical overview of the benefits of adapted and therapeutic aquatic exercise for individuals with physical limitations. Principles, techniques and exploration of water exercises that promote understanding of therapeutic outcomes in the aquatic environment are covered. Specific topics include: risk management, physics of water, exercise protocols, integrated aquatic therapy techniques, transfer from water to land-based functional ability and strategies for program progression and lifetime wellness.

Course Objectives

Upon completion of this course, students will be able to:

- Explain the properties of water and how they play a role in the physiological development of individuals with disabilities
- Recognize special restrictions, safety measures and emergency procedures used in an aquatic environment designed for individuals with physical disabilities
- Identify common disabilities and the effects of water on motor performance
- Evaluate and explain what aquatic exercise techniques are of value, as well as those that would be contraindicated to individuals with disabilities
- Explain and demonstrate the use of hydrodynamics and its use in an exercise program
- Explain and demonstrate how to appropriately monitor physical responses in aquatic exercises
- Explain, as well as apply proper techniques of aquatic therapy and adapted aquatics based on individual needs
- Implement age-appropriate adaptive techniques for water skill acquisition for individuals with physical disabilities
- Perform appropriate manual assistance in aquatic exercise for individuals with physical disabilities
- Explain and demonstrate the use of special exercise equipment in the aquatic environment for individuals with physical disabilities
- Explain and apply the SAID principle in an aquatic exercise program

Course Outline

- I. Introduction to Adapted and Therapeutic Aquatic Exercise
- II. Principles and Properties of water
- III. Disabilities and aquatics
- IV. Strength & Flexibility strategies
- V. Aquatic Equipment
- VI. Integrated aquatic therapy techniques
- VII. Aquatic rehabilitation for gait & balance disorders
- VIII. Aquatic exercise programming

Note: The course schedule may change due to guest lectures and special topics.

Course Policies:

- a. Class attendance and participation is mandatory.
- b. Students will receive separate grades for the lecture and the lab classes.
- c. **No late assignments will be accepted.** Assignments must be turned in NO LATER than five minutes after the beginning of the class session on the due date.
- d. No make-up exams. If absolutely unavoidable, a one-on-one verbal exam will be given the Friday before finals week.

Course Evaluation

Students will be evaluated based on the following:

- | | |
|---------------------------------|-----|
| 1. Midterm Exam | 20% |
| 2. Final Exam | 30% |
| 3. Exercise Protocol Evaluation | 15% |
| 4. Disability Fact Sheet | 10% |
| 5. Exercise Programming | 20% |
| 6. Attendance & Participation | 5% |
| Total – 100% | |

Final Grading Scale:

A	>94%	C	73-76%
A-	90-93%	C-	70-72%
B+	87-89%	D+	67-69%
B	83-86%	D	63-66%
B-	80-82%	D-	60-62%
C+	77-79%	F	0-59%

Students With Disabilities

This instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students With Disabilities Resources located in 110 Student Services Building, or call (818) 677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Statement on Cheating and Plagiarism

Cheating or plagiarism in connection with an academic program at a campus is listed in Section 41301, Title V, California Code of Regulations, as an offense for which a student may be expelled, suspended, or given a less severe disciplinary sanction. See university catalog pages 523 through 525 for details on academic dishonesty, cheating, fabrication, facilitating academic dishonesty, plagiarism and faculty policy on academic dishonesty.

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE

Department of Kinesiology

KIN 313L Adapted and Therapeutic Aquatic Exercise

Units:	1 unit	Professor:	John Banola
Co-requisites:	KIN 201 or 241 & KIN 311; Concurrent enrollment in KIN 313	Office:	BC 118
Term:	Spring 2008	Office Hours:	MW 11:00A-12:00P TR 9:00-10:00A or by appointment
Time:	Individually scheduled for 50 min. sessions twice a week	Phone:	818-677-7210
Location:	Brown Center – Pools	Email:	john.banola@csun.edu

Course Description

This course is designed to provide hands-on practical experiences in the adapted and therapeutic aquatic exercise program at the Center of Achievement. Under clinical supervision, students will implement and monitor individualized aquatic exercise programs for individuals with physical disabilities.

Course Objectives

Upon completion of this course, students will be able to:

- Demonstrate appropriate safety techniques involved in adapted aquatics
- Explain and demonstrate the various options for entering and exiting the therapy pools
- Demonstrate proper lifting and transfer techniques into the therapy pools
- Demonstrate proper client and student assistant positioning in the water
- Demonstrate proper exercise protocol for various exercise techniques
- Explain and apply the physics of water to adapted aquatic exercise
- Accurately maintain program cards
- Explain and apply the SAID principle in an aquatic exercise program

Course Evaluation

Students will be evaluated based on the following:

- | | |
|--|-----|
| 1. Attendance/Punctuality & Participation - See below | 40% |
| 2. Practical Exam - See note below | 35% |
| 3. Program card recording | 15% |
| 4. Introspective Lab Paper - See guidelines below | 10% |
| Total – 100% | |

Note: The **practical exam** will consist of questions based on the following: 1) all of the exercises introduced in the lecture class, 2) all of the machines/equipment in the lab setting, and 3) any other exercise protocols introduced – i.e. transfers, gait training, etc. It is the **students' responsibility** to come to the lab during open hours to learn about all of the machines/equipment and how to use them appropriately.

Course Policies: See KIN 313 Syllabus

Final Grading Scale: See KIN 313 Syllabus

Students With Disabilities: See KIN 313 Syllabus

Plagiarism: See KIN 313 Syllabus

Attendance

Attendance and full participation is expected everyday. You will be allowed to miss two (2) class periods without penalty, after that, five (6) points will be deducted for each missed class. Points will also be deducted as follows: late (-2), leave early (-2), or do not participate in class activities (-2). You are considered late or tardy if you arrive anytime after the class is scheduled to start. Leaving early is anytime you leave before the time the class is scheduled to end. If it is not possible for you to meet the attendance and participation requirements, consider taking the course at another time that is more convenient for you. Please refer to the class schedule for drop dates.

Introspective Lab Paper Guidelines

Due Date: Paper is to be turned in to lab supervisor. Check with lab supervisor for exact due date.

LENGTH: 2-3 pages double-spaced, typed, 12 font

This is an introspective paper based upon reactions to your lab experience. Take time and express your experience into words. The areas to discuss are the physiological, psychological, and sociological aspects of adapted aquatic exercise.

GUIDELINES FOR EACH SECTION

PHYSIOLOGICAL – Answer what changes have occurred to your **client's** physical condition during this semester's adapted aquatics exercise program. Begin by referring to your **client's** fitness components such as strength, flexibility, and cardiovascular endurance and note changes that have occurred. Other areas to consider are skills of locomotion (i.e. gait training), swimming levels, and balance. Concerns with your **client's** pain or discomfort may also be discussed. Has your **client's** overall function improved? By assessing basic changes in your **client's** capabilities you have answered the physiological aspect.

PSYCHOLOGICAL – Describe in this section of the paper **your own** thoughts, feelings, and attitudes experienced with implementing an exercise program in the aquatic environment. These thoughts and feelings may be positive or negative. Many emotions may have been felt throughout the semester; this is an opportunity to express the impact of the semester.

SOCIOLOGICAL – Discuss how society is sensitive to the issue of individuals with disability with respect to the aquatic setting. In your experience, have there been many aquatic classes for special populations offered? How accessible is the typical recreational pool? Discuss any friendships that may have developed with clients, class members, instructors or anyone throughout the semester.

GRADING

Be sure to check the grading rubric for lab papers listed below to see how your paper will be scored. Important things to remember to include are an introductory and summary paragraph as well as writing about all of the required area (physiological, psychological, and sociological).

Grading Rubric for Lab Papers

90-100 points

- ◇ All areas were addressed (physiological, sociological, psychological)
- ◇ Wrote an introductory and summary paragraph
- ◇ Ideas were presented in a clear and logical order
- ◇ Free of spelling errors
- ◇ Skillful sentence structure
- ◇ Did not exceed three pages

80-89 points

- ◇ Two of the three areas were addressed (physiological, sociological, psychological)
- ◇ Wrote an introductory and summary paragraph
- ◇ Most ideas were presented in a clear and logical order
- ◇ Most of the paper was free from spelling errors
- ◇ Acceptable sentence structure
- ◇ Did not exceed three pages

70-79 points

- ◇ Only one of the three areas was addressed (physiological, sociological, psychological)
- ◇ Briefly introduced and summarized the paper
- ◇ Some ideas were presented in a clear and logical order
- ◇ Contained some spelling errors
- ◇ Weak sentence structure
- ◇ Did not exceed three pages

60-69 points

- ◇ None of the three areas were sufficiently addressed (physiological, sociological, psychological)
- ◇ No introductory or summary paragraph was included
- ◇ Few ideas were presented in a clear and logical order
- ◇ Contained many spelling errors
- ◇ Sentence structure needs improvement
- ◇ Did not meet length requirement

<50 points

- ◇ Paper has failed to meet a sufficient number of requirements.