

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology
KIN 313 Adapted and Therapeutic Aquatic Exercise

Instructor: Mai Narasaki M.S.
Class Day/Time: Tuesdays and Thursdays 9-9:50 a.m.
Class Location: Redwood Hall (RE) 104/Brown Center Pools
Office Phone: (818) 677-5710
Office Location: CAPD Office 156C
Office Hours: Mondays and Wednesdays or by appointment
Fax Number: (818) 677-3246
Email: mai.narasaki@csun.edu

Required Textbook

Bates, Andrea & Hanson, Norm. (1996). Aquatic exercise therapy. Philadelphia, PA:
W.B. Saunders Company.

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:

- Describe historical perspectives in the field of adapted aquatic therapeutic exercise and the value of its future development
- 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 effect of water on motor performance
- Evaluate what exercise techniques are of value and those that would be contraindicated to individuals with disabilities
- Demonstrate the use of hydrodynamics and its use in an exercise program
- Know how to appropriately monitor physical responses in water versus land
- Apply proper techniques of aquatic therapy and adapted aquatics based on individual need
- Use 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
- Exhibit the use of special exercise equipment in the aquatic environment for individuals with physical disabilities

Course Content

See day-by-day agenda (will be distributed in class by instructor)

Course Attendance Policy:**Attendance**

Attendance and full participation is expected everyday. You will be allowed to miss two (2) class periods without penalty, after that, five (5) points will be deducted for each missed class. Two and one-half points (2½) points will be deducted if you are late, leave early or do not participate in class activities. 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.

Late Work

One-tenth (1/10) of the total possible points for any one assignment will be deducted for each day your assignment is late (non-class days and weekends are included). For example, if an assignment is worth 100 points and is due on Friday and you turn it in on Monday, 20 points will be deducted from your final score.

Make-up Exams

If you miss an exam, zero (0) points are recorded. You may make-up missed exams. Make-ups will be given in full essay format. **Any missed exam must be made up by the very next class meeting you attend.** It will be up to you to approach the instructor and request the make-up.

Extra Credit

You may earn up to five (5) points of extra credit for attending the technology conference in March.

Student Performance Evaluation

You will earn your grade based on the following items:

- Attendance and full participation – see attendance policy listed above
- Exams (2 @ 50 points = 100 points). Exam questions may be essay, short answer, multiple choice, true/false, fill-in and/or matching questions and can include information from lecture, lab and/or pool times
- Practical Exams (5 @ 6 points = 30 points). 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 3) any other exercise protocols introduced (e.g. transfers)

*It is the **your responsibility** to come to the lab during open hours to learn about all of the machines/equipment and how to use them appropriately.

Your grade will be based on a percentage of the total possible points (in this case 130 points). You must reach the appropriate percentage to earn that grade. For example, if you have a 79% you have earned a C+. If you have a 94% you have earned an A:

94 – 100% = A	74 - 76% = C
90 – 93% = A-	70 - 73% = C-
87 – 89% = B+	67 - 69% = D+
84 - 86% = B	64 - 66% = D
80 - 83% = B-	60 – 63% = D-
77 - 79% = C+	59% and below = F

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.