

SYLLABUS
PHYSICAL EDUCATION 132 - ADAPTED AQUATICS
FALL 2012

Instructor: Laura Matsumoto, MA, OTR/L
Phone: (818) 240-1000 ext. 3192 (Please leave a message!)
Email: lauram@glendale.edu

Teaching Assistants: David Fell, Mike Geiger & Alvar Markarian

Time & Location: 9:00 am to 10:00 am (on record 9:10 – 10:35am) Tue. and Thur. at the Rose Bowl Aquatics Center – 360 N. Arroyo Blvd., Pasadena. (626) 564-0330 (Please **DO NOT** call instructor here!)

Office Hours: As needed, by appointment (Tue. & Thur. 8:30-9am, other TBA) at the RBAC or SN 100 #4.

Rules & Procedures:

1. You are expected to be **READY TO GET IN THE WATER AT 9am**. We only have access to the pool from 9-10am. Arrive **EARLIER** to dress & shower! **DO NOT** enter the pool until cleared by lifeguard and/or instructor & teaching assistants.
2. You must wear a swimming suit - no cut-offs, boxers, etc. Long hair must be contained, either in a cap, ponytail, etc. **NO GUM ALLOWED!**
3. If you have any open wounds or skin conditions please consult the instructor before getting in – **NO band-aids or bandages allowed in pool!**
4. Day use lockers are available for you in the locker rooms (you must bring a lock). These are to be used by you during your swimming time **ONLY**. Do not leave anything overnight.
5. You **MUST** shower prior to entering the pool - see the instructor immediately if other arrangements need to be made.
6. Remember - we share this area with other patrons of the Rose Bowl Aquatics Center, please be courteous and clean up after yourself!

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Rules & Procedures (cont.):

7. **NO DIVING** or jumping in the shallow end.

8. **Many students and staff are allergic to fragrances**, such as those found in perfume, cologne, hair products, soap, and laundry products. **It is essential that ALL people attending this class minimize/eliminate the use of fragrance items.** Please be mindful and respect each other's needs.
9. Please turn in the annually requested **Adapted PE Medical Report form** (if not currently on file) no later than **by the end of the second week of class.**
10. While in class and in the RBAC facility students are expected to follow the GCC Standards of Student Conduct listed in the GCC Catalog. **Students who are disruptive will be asked to leave and the behavior will be reported to the Program Manager of the Center for Students with Disabilities and/or the Dean of Student Affairs.**
11. **STUDENTS DO NOT HAVE ACCESS TO THE ROSE BOWL OUTSIDE OF SCHEDULED CLASSES - NO CLASS = NO USE OF THE ROSE BOWL!!!**
12. Cell phone use during class is prohibited.

GRADING:

1. Roll is taken every class. Each class will be worth 4 points (1 for attendance + 0-3 for participation). **Excused absences will receive a maximum of 1 point. Unexcused absences will receive 0 points.** Communication with the instructor: 1) in person **before the day of the absence**; 2) by phone or by e-mail before the absence OR the day of the absence; or 3) by verified documentation (e.g. from a doctor) if you are incapacitated, may be considered by the instructor for excused status. It is to the instructor's discretion to determine whether an absence is excused or unexcused.
2. **TARDINESS: each tardy impacts your daily participation grade; three (3) tardies will equal one (1) unexcused absence.**
3. If you have a condition that will prevent you from participating regularly, please consult with the instructor immediately, as this will have an impact on your grade.
4. **MAKE-UP WORK:** this is an activity class, active participation is paramount to your success, and we have limited access to the facility. Thus, make-up work is not readily available. This is the student's responsibility and all such issues will be dealt with on a case-by-case basis.

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GRADING (cont.):

5. Your **FINAL GRADE** will be compiled from the following areas – approximate percentage of grade shown in parentheses:
- a) **Attendance & Participation (50% of grade):** You cannot increase your knowledge or achieve conditioning if you are not in class.
 - b) **Progress in Skills and Individual Goal(s) (30% of grade):** To be designated upon **ENTRY** into class and monitored throughout semester - as indicated by pre- and post-testing (e.g. initial vs. final vital statistics, Skills Assessments, etc.).
 - c) **Completion of ALL Paperwork Assigned (20% of grade):** For example, Vital Statistics forms, Learner Survey, Swim Log Sheets, etc. **FAILURE TO TURN IN ASSIGNED PAPERWORK ON TIME WILL SIGNIFICANTLY IMPACT YOUR GRADE.** See Important Dates to Remember (p. 4-5) for details.

Points Possible	Grade	Grade Points
90 - 100%	A	4
80 - 89%	B	3
70 - 79%	C	2
60 - 69%	D	1
Below 60%	F	0

Student Learning Outcomes:

Upon successful completion of the required coursework, the student will be able to:

1. Demonstrate competency in successfully entering/exiting and utilizing a pool for a fitness workout in a safe manner while using any necessary adaptations (e.g. techniques, equipment, etc.).
2. Demonstrate the ability follow an aquatics workout plan designed to improve his/her fitness and health, and when necessary take an active role in modifications to the plan.
3. Relate his/her understanding of the value and significance of physical activity for improving his/her fitness, health, and quality of life.

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IMPORTANT NOTES:

1. I am **teaching** this class because I have been trained to work with people with disabilities. **This class is NOT for me**, it is for you. I will be available to you if or when you have additional questions or needs (make sure you leave me a message!).
2. It is YOUR responsibility to inform the instructor if you have any condition(s) or limitation(s) that might **significantly impact your ability to participate safely** in this class (e.g. heart conditions, seizure disorders, medications, etc.).
3. Certain equipment (fins, etc.) is available to be checked-out on loan for the semester. You will be **required to sign an equipment loan contract** and be responsible for **return of the equipment in working order at the end of the semester (or upon dropping the class)**. If you choose not to check equipment out, you may borrow certain equipment from the Rose Bowl for day-use, but there is no guarantee that the equipment will be the size or type that you want/need.
4. **You are responsible for bringing your own toiletries, towels, goggles, etc.** A robe or cover-up is strongly recommended as the pool deck can get very chilly.
5. Slippers or shower shoes are strongly recommended – **DON'T GO BAREFOOT**.
6. **The DEADLINE to WITHDRAW** from this class with a “W” notation is **November 24, 2012**. This is **YOUR** responsibility, so if **YOU** do not drop by this date you will be assigned a grade accordingly. The instructor will attempt to notify you via your GCC e-mail only if you are in jeopardy of failing the class. It is your responsibility to check your GCC e-mail account and make the necessary decision(s).
7. All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.

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IMPORTANT DATES TO REMEMBER – FALL 2012
PE 132 - Adapted Aquatics Tue. / Thur.

WEEKS 1 & 2: DUE by TH September 13th

COMPLETE & TURN IN THE FOLLOWING:

1. Up-to-Date Emergency Contact Information
2. Initial Skills Survey & Assessment Forms
3. If needed, Medical Report form (requested once PER YEAR - not per semester)
4. INITIAL Vital Statistics Form - OUTSIDE PROJECT:
Go to the GCC Health Center or any other off-campus facility without extra cost (e.g. a previously scheduled MD appointment, or a local drug store) and **have your vital statistics (weight, blood pressure and pulse) taken and recorded to turn in** – get PE 132 Vital Stats Form. Note: if you are in PE 101, 130, 134, or 135 you may also have this done at the Fitness Center and get a copy made. Please call the GCC Health Center x 5909 for the current semester drop-in schedule.

WEEK 4: DUE BY September 27th – Initiate a **Swim Log Sheet** with the instructor - you will be responsible for keeping track of your progress!

WEEK 12: November 22nd Thanksgiving Holiday – NO CLASS!!!
FINAL DROP DATE November 24, 2012
**** This is YOUR RESPONSIBILITY! ****

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PE 132 DATES TO REMEMBER – FALL 2012 (cont.)

WEEKS 14 & 15: DUE by Tue. December 11th

COMPLETE & TURN IN THE FOLLOWING:

1. FINAL Vital Statistics Form - OUTSIDE PROJECT:
Have your vital statistics (weight, blood pressure and pulse) taken and recorded to turn in to Laura (see previous page) – get PE 132 Vital Stats Form.
2. Written Final Exam
3. Completed Swim Log
4. COMPLETE IN-CLASS FINAL Skills Assessment

WEEK 15: Tuesday, December 11th LAST DAY IN POOL

WEEK 16: FINAL EXAM – To Be Determined
Wednesday, December 19th, 7:30am-10:00am
