Adapted Aquatics (HSQ)

Minor in Adapted Aquatics
School of Health Technology and Management

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Faculty
Peter Angelo, Associate Professor, Ph.D., Stony Brook University

The field of adapted aquatics uses water as a medium for the rehabilitation of a great variety of muscular, neuromuscular, and neurological problems. Lectures in the adaptive aquatics program are presented by Health Sciences Center professionals who are experts in their fields, such as pediatrics, geriatrics, cardiology, internal medicine, occupational therapy, orthopedics, orthotics, pharmacology, physical therapy, respiratory care, and hydrotherapy.

The minor in adapted aquatics offers coursework that promotes career options in the health sciences. The specialized academic background and applied instructor training provide students with skills needed for careers in rehabilitation, and offers experiences relevant for admission to graduate programs in the health professions. The adapted aquatics minor allows students to receive a variety of credentials, licenses, and certifications that are mandated for individuals working in this complex and specialized field. Credentials include Adapted Aquatics Aide Training; Adapted Aquatics Instructor Training; American Red Cross Water Safety Instructor; American Red Cross Lifeguard Training; Basic Life Support for the Health Care Provider; CPR for the Professional Rescuer; Automated External Defibrillation Certification; American Red Cross and American Heart Association CPR Instructor Certification; and American Red Cross Responding to Emergencies Instructor Certification. The minor is designed to include the variety of interrelated courses necessary for a person to be fully certified to work at any aquatic facility in the country.

Requirements for Admission
Admission to the minor is by permission of the program director. It is preferred that students declare their intent to minor in adapted aquatics no later than the beginning of the sophomore year.

Requirements for the Minor in Adapted Aquatics (HSQ)
All courses offered for the minor must be passed with a letter grade of C or higher.
Completion of the minor requires 23 credits.

Required Courses:
- HSQ 121 Intermediate Swimming
- HSQ 221 Lifeguard Training I
- HSQ 222 Lifeguard Training II
- HSQ 223 Water Safety Instructor
- HSQ 270 Emergency Response, CPR, and Personal Safety
- HSQ 271 Instructor of CPR
- HSQ 272 Instructor of First Aid
- HSQ 325 Instructor of Adapted Aquatics I
- HSQ 326 Instructor of Adapted Aquatics II
- HSQ 329 Fieldwork in Adapted Aquatics Instruction (may be repeated for a maximum of 3 credits)
- HSQ 475 Adapted Aquatics Teaching Practicum I
- HSQ 476 Adapted Aquatics Teaching Practicum II