

### Course Outline

**COURSE:** APE 538                      **DIVISION:** 30                      **ALSO LISTED AS:** PE 538

**TERM EFFECTIVE:** Summer 2024                      **CURRICULUM APPROVAL DATE:** 06/11/2024

**SHORT TITLE:** ADAPT CARDIO TRNG

**LONG TITLE:** Adapted Cardiovascular Conditioning and Training

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		<b>Total:</b>	<b>1.5 OR 3</b>	<b>27 OR 54</b>

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Out of Class Hrs:            000.00

Total Learning Hrs:      27.00 OR 54.00

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**COURSE DESCRIPTION:**

An individualized program of adapted exercises in weight training, stretching and cardiovascular conditioning for those individuals who have been disabled through stroke, cardiovascular accident, arthritis, multiple sclerosis, or other condition. May be repeated as necessary based on measurable progress as documented in the Academic Accommodation Plan. This is a pass/no pass course.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** C - Credit - Degree Non Applicable

**GRADING MODES**

P - Pass/No Pass

**REPEATABILITY:** R - Course may be repeated

Maximum of 99 times, 100 credit hours

**SCHEDULE TYPES:**

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

**STUDENT LEARNING OUTCOMES:**

By the end of this course, a student should:

1. Demonstrate a 10 minute warm up routine.
2. Identify three (3) exercises specifically designed for improved cardiovascular conditioning.
3. Describe five (5) safety rules associated with the use of adapted equipment.

**COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Review course content, expectations and grading procedures.
2. Perform warm up and cool down exercises specific to their needs.
3. Develop an exercise plan specific to their individual needs.
4. Identify strengths and weaknesses specific to physical exercise.
5. Demonstrate proper techniques for calisthenics specific to their individual needs.
6. Practice proper stretching and mobility exercises specific to their individual needs.
7. Explain the benefits of fitness.

## **COURSE CONTENT:**

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3-6 Hours

Students will review course content, expectations and grading procedures. Use of equipment, safety procedures and injury risks are discussed. Proper treatment of injuries and causes of common injuries related to weight training and conditioning. Understanding of unsafe/high risk movements. Proper use of equipment including entering and exiting of fitness room, asking for assistance when necessary. Pay particular attention to equipment that is motorized. Students will identify unsafe or high risk movements during exercise.

3-6 Hours

Introduce warm up and cooling down procedures. Proper techniques for stretching during warm up and cool down. List of exercises used on a daily basis.

3.5-7 Hours

Construct and maintain a fitness conditioning program. Long and short term goals discussed. Students will be individually evaluated and activities will be developed. Introduce group and individual routines for aerobic exercise. Assess areas of physical fitness strengths and weaknesses and prioritize those areas to be addressed.

3-6 Hours

Introduction of additional flexibility exercises. Review treatment for stretching injuries, i.e. the use of heat and cold for injury treatment. Evaluate students for progress and update plans. Discuss motivational techniques and factors that affect exercise adherence. Define exercise behavior, belief and attitude.

4-8 Hours

Introduction of wheelchair or seated calisthenics. Use of wheelchair or seated accessible exercise machines. Discuss safety procedures and related transfer issues of wheelchair students. Proper techniques of weight training, use of cuffs, straps, holders for wheelchair students. List problems and possible solutions associated with difficulties in use of equipment. Students will identify challenges, alternatives and solutions related to their own specific adapted needs.

3.5-9 Hours

Introduction to stretching and endurance activities related to large and small muscle groups. Exercises using parallel bars and standing frame. Safety issues related to standing frame, i.e. the need for a second person while using standing frame. Introduction to proper body mechanics - postural alignment.

3-6 Hours

Introduce additional stretching aerobic exercises (supine/prone). Wheelchair transfer to table mat. Safety methods in transferring to exercise mat. Roll and squirm exercises. Balance exercises, i.e. roll and tuck. Use of abdominal muscles for stabilization, i.e. obliques, rectus abdominals.

2-4 Hours

Discuss benefits of fitness development. Discuss symptoms of overtraining. Review and discuss the importance of exercise.

2 Hours

Final Exam. Evaluation of student short and long term goals. The course is individualized and student performance objectives will vary as determined by the nature and degree of a student's disability. Students will be expected to address goals at a level agreed upon in the Academic Accommodations Plan (AAP).

**METHODS OF INSTRUCTION:**

Through assessment and testing for individual improvement, activities will be coordinated to meet the needs of each student. Individual evaluations and observation will be the basis of grading.

**METHODS OF EVALUATION:**

Skill demonstrations

Evaluation Percent 80

Evaluation Description

Skill demonstrations: 50% - 80%

Class performance

Performance exams

Objective examinations

Evaluation Percent 20

Evaluation Description

Objective examinations: 20% - 50%

True/false

Other: Oral exam

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

Not Transferable

UC TRANSFER:

Not Transferable

Not Transferable

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 2 Stand-alone

Special Class Status: S

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000508319

Sports/Physical Education Course: Y

Taxonomy of Program: 083580