

Course Outline

COURSE: PE 36 **DIVISION:** 30 **ALSO LISTED AS:** APE 36

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: ADAPTED PE

LONG TITLE: Adapted Physical Education

<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
		Total:	1.5 OR 3	27 OR 54

COURSE DESCRIPTION:

An individualized program of adaptive physical education activities designed to meet the needs of students with physical disabilities. Develops an appreciation of physical activity as a regular planned contribution to one's overall well-being. May be repeated as necessary based on measurable progress as documented in the student's educational contract. This course has the option of a letter grade or pass/no pass. This course is now listed as APE 36, effective Fall 2009.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
 Maximum of 99 times, 100 credit hours

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Students will demonstrate a series of warm up and cool down activities.
 ILO: 6,1,4,2

Measure: Instructor observation, class participation, performance exam

2. Students will demonstrate appropriate use of adapted equipment and exercise.

ILO: 6,4,1,2

Measure: Instructor observation, class participation, oral report

3. Students will execute proper safety procedures specific to adapted equipment use.

ILO: 6,2,4,1

Measure: Demonstration, Instructor observation, oral report

4. Students will perform a series of small and large muscle group activities consistent with their individual plan.

ILO: 6,2,4,1

Measure: Class participation, discussion, Instructor observation

5. Students will describe the benefits of adapted exercise as a life long activity.

ILO: 1,2,6,7

Measure: Written exam, group discussion, oral report

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 05/12/2008

3.5-7 Hours

Course Overview. Use of equipment and safety procedures are discussed. Introduce warm up and cooling down procedures. Long and short term goals discussed. Functional exercises and movements that stabilize the body. Discuss importance of spine muscles. SPO: Students will review course content, expectations and grading procedures.

3.5-7 Hours

Construct and maintain a fitness conditioning program. Introduce large muscle and small muscle group exercises, i.e. compressions, butterflies, bicycles. Standing or seated exercises, i.e. range of motion, lateral press, standing crunch.. Assess areas of physical fitness strengths and weaknesses and prioritize those areas to be addressed. SPO: Students will identify strengths and weaknesses specific to physical exercise.

4-8 Hours

Introduce 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. SPO: Students will perform the additional flexibility exercise correctly.

4.5-9 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. SPO: Students will demonstrate proper techniques for calisthenics specific to their needs.

4.5-9 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. SPO: Student will practice and demonstrate proper stretching and endurance activities specific to their individual plan.

4-8 Hours

Introduce additional stretching 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. SPO: Students will practice and demonstrate stretching exercises that will improve abdominal muscle strength.

2-4 Hours

Discuss benefits of fitness development. Discuss symptoms of overtraining. Review and discuss the importance of exercise. SPO: Students will explain the benefits of fitness.

2 Hours

Final Exam. Evaluation of student short and long term goals. SPO: 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 Student Educational Contract.

METHODS OF INSTRUCTION:

Demonstration, Lecture, Guided Practice, Discussion, Student Educational Contract

METHODS OF EVALUATION:

This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily:

Involves skill demonstrations or problem solving

The problem-solving assignments required:

Homework problems

The types of skill demonstrations required:

Class performance

Performance exams

The types of objective examinations used in the course:

True/false

Other: Oral exam

Other category:

None

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 10% - 40%

Skill demonstrations: 50% - 80%

Objective examinations: 10% - 40%

Other methods of evaluation: 0% - 0%

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 200470

CSU GE:

CSU E1, effective 200470

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200470
UC TRANSFER:
Transferable UC, effective 200470

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: E
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
CAN:
CAN Sequence:
CSU Crosswalk Course Department: PE
CSU Crosswalk Course Number: 36
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: CCC000108069
Sports/Physical Education Course: Y
Taxonomy of Program: 083580