

Course: PE 536

Also Listed As:

Term Effective: 200870, CURRICULUM APPROVAL DATE: 05/12/2008

Short Title: ADAPTED PE

Full Title: Adapted Physical Education

<u>Contact Hours/Week</u>	<u>Units</u>	<u>Number of Weeks</u>	<u>Total Contact Hours</u>
Lecture: 0	.5 OR 1	17.34	Lecture: 0
Lab: 1.5 OR 3			Lab: 26.01 OR 52.02
Other: 0			Other: 0
Total: 1.5 OR 3			Total: 26.01 OR 52.02

Credit Status: C - Credit - Degree Non Applicable

Grading Modes: P - Pass/No Pass

Repeatability: R 99 times, 100 credit hours

Schedule Types: 04 Laboratory/Studio/Activity

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 is a pass/no pass course.

## ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

PREREQUISITES:

COREQUISITES:

### 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

### TOPICS AND SCOPE:

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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:

#### SUPPLEMENTAL DATA:

Basic Skills:

Classification: E

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:

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: PE 536

Sports/Physical Education Course: N

Taxonomy of Program: 083580