

Course: PE 538

Also Listed As:

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

Short Title: ADAPT CARDIO TRNG

Full Title: Adapted Cardiovascular Conditioning & Training

<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: .5 OR 3			Lab: 8.67 OR 52.02
Other: 0			Other: 0
Total: .5 OR 3			Total: 8.67 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 adapted exercises in weight training, stretching and cardiovascular conditioning for those individuals that 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 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 three (3) exercises specifically designed for improved cardiovascular conditioning.

ILO: 6,1,4,2

Measure: instructor observation, class participation, oral report, performance exam.

2. Student will read, comprehend and discuss various handouts related to aerobic exercises.

ILO: 1,2,4

Measure: instructor observation, class participation, oral report

3. Students will demonstrate a 10 minute warm up routine.

ILO: 6,1,4

Measure: instructor observation, class participation, oral report, performance exam

4. Students will discuss five (5) safety rules associated with use of adapted equipment.

ILO: 1,2,4

Measure: instructor observation, class participation, oral report

## TOPICS AND SCOPE:

Curriculum Approval Date: 05/12/2008

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. SPO: Students will review course content, expectations and grading procedures. 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. SPO: Students will perform warm up and cool down exercises specific to their needs.

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. SPO:

Students will develop an exercise plan specific to their needs. 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.

#### 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. SPO: Students will perform the additional flexibility exercise correctly. Students will identify factors related to their own exercise behavior.

#### 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. SPO: Students will demonstrate proper techniques for calisthenics specific to their needs. Students will identify challenges, alternatives and solutions related to their own specific adapted 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 proper stretching and endurance activities specific to their individual plan.

#### 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. SPO: Students will practice stretching exercises that will improve abdominal muscle strength and conditioning.

#### 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. The course is individualized and student performance objectives will vary as determined by the nature and degree of a student's disability. SPO: Students will be expected to address goals at a level agreed upon in the Student Educational Contract.

#### METHODS OF INSTRUCTION:

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

will be the basis of grading.

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: A

Non Credit Enhanced Funding: N

Funding Agency Code:

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: PE 538

Sports/Physical Education Course: N

Taxonomy of Program: 083580