

KINE 065: ADAPTED PHYSICAL ACTIVITY

Originator

wansley

Justification / Rationale

This course will move from: lecture and lab to: all lab.

Effective Term

Spring 2021

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

065

Full Course Title

Adapted Physical Activity

Short Title

ADAPTED PHYS ACTIVITY

Discipline**Disciplines List**

Kinesiology

Modality

Face-to-Face

Catalog Description

This course for students with disabilities emphasizes the development of an individualized strength training and fitness program. Mobility assistants are provided.

Schedule Description

Weight training class for students with disabilities. Advisory: Designed for students with disabilities

Lab Units

1.0

Lab Semester Hours

54

In-class Hours

54

Out-of-class Hours

0

Total Course Units

1

Total Semester Hours

54

Prerequisite Course(s)

Advisory: Designed for students with disabilities

Required Text and Other Instructional Materials

Resource Type

Web/Other

Description

Class Handouts

Class Size Maximum

40

Course Content

1. Exercise Readiness Assessment
 - a. Medical history, evaluation and waiver
 - b. Insights into your disability
 - c. Age related concerns
 - d. Equipment and orientation
 - e. Assessing your starting point
2. Strength Training
 - a. Your body's response
 - b. Muscle soreness and overwork weakness
 - c. Basic training principles and considerations
 - d. Special considerations and concerns
 - e. Choosing the appropriate exercises.
 - f. Maintaining an exercise log
 - g. stability and mobility exercises
3. Aerobic Training
 - a. Your body's response.
 - b. Modes of aerobic training.
 - c. Monitoring your exercise intensity
 - d. Aerobic exercise program design
 - e. Rate of progression
 - f. High intensity interval training
4. Flexibility Training
 - a. identify exercises to improve flexibility and performance
 - b. Learn variety of flexibility exercises and creative program design
 - c. flexibility gains through mobility and stability exercises

Lab Content

- a. Exercise readiness assessment
- b. Diverse styles of strength training
- c. Aerobic training
- d. Core Training
- e. Mobility and stability exercises
- f. Flexibility and agility training
- d. Personal reflection
- e. Cardio-respiratory exercises

Course Objectives

	Objectives
Objective 1	Develop an individualized weight training and fitness program.
Objective 2	Demonstrate the ability to follow workout programs and chart progress.
Objective 3	Demonstrate improvement in strength, flexibility, endurance, balance, and coordination.
Objective 4	Explain the rationale of various theories of exercise physiology and biomechanical principles as related to muscular strength, endurance, flexibility and cardio-respiratory endurance.

Objective 5 Give example of strength exercises for muscular endurance.

Objective 6 Identify exercises and creative program design to enhance cardiorespiratory endurance.

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

Outcome 1 Demonstrate improve their muscular strength, endurance and cardio-respiratory fitness.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Activity	Structured workouts to improve muscular strength and endurance.
Participation	Students will participate in daily structured fitness workouts.
Observation	Instructor lead demonstration on proper lifting techniques to avoid injury and maximize muscle recruitment.
Lecture	Discuss the physiological benefits of muscular strength and endurance training and diverse programming.
Individualized Study	Individuals will chart and keep progress of improvement.
Discussion	Identify the purpose and value of various styles and techniques of diverse strength exercises.
Demonstration, Repetition/Practice	Students will demonstrate, repeat and practice techniques of strength exercises.
Collaborative/Team	Students will work together and in teams for group fitness dynamics of diverse exercises.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Written homework	Personal reflection on fitness changes through discussion thread essay and classmate feedback	In and Out of Class
Self-paced testing	Fitness goal sheets both pre and post to be assessed twice in class	In Class Only
Group activity participation/observation	Students will observe other small groups of students for diverse styles of exercise techniques	In Class Only
Self-paced testing	Create and prepare a personal fitness program	In and Out of Class
Portfolios	Chart exercises and improvements daily, weekly and monthly	In Class Only
Critiques	Article critique discussion in class, three times a semester	In Class Only

Assignments

Other In-class Assignments

- View videos, social media and articles on disability sports, fitness, and conditioning.
- Develop personal fitness program
- Chart progress

Other Out-of-class Assignments

- Inspirational reading assignments
- View videos and social media on disability sports, fitness, and conditioning.
- Personal reflection

Grade Methods

Letter Grade Only

MIS Course Data

CIP Code

51.2309 - Therapeutic Recreation/Recreational Therapy.

TOP Code

083580 - Adapted Physical Education

SAM Code

E - Non-Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Approved for special class for students with disabilities

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Stand-alone

Transfer Status

Transfer CSU, limited UC

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals

Curriculum Committee Approval Date

3/19/2020

Academic Senate Approval Date

3/26/2020

Board of Trustees Approval Date

5/15/2020

Chancellor's Office Approval Date

8/03/2020

Course Control Number

CCC000294441