

KINE-160: ADAPTIVE PHYSICAL EDUCATION

Effective Term

Fall 2020

CC Approval

01/31/2020

AS Approval

02/11/2020

BOT Approval

2/13/2020

COCI Approval

05/25/2020

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Physical Education (Master's Degree)	

Subject Code

KINE - Kinesiology

Course Number

160

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Adaptive Physical Education

Short Title

Adaptive Physical Education

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Changing subject code to KINE. Changing hours from lec/lab to activity.

SECTION B - Course Description

Catalog Course Description

Designed to meet the needs of the physically limited student. The course will provide adaptations necessary to achieve muscular strength; cardiorespiratory endurance; and flexibility, each within the parameters of the student's ability.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

Prerequisite(s)

Medical verification form must be completed by a physician.

Requisite Justification

Requisite Description

Non-course Requisite

Level of Scrutiny

Content Review

Upon entering this course, students should be able to:

Medical verification form must be completed by a physician.

SECTION D - Course Standards

Is this course variable unit?

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Student will complete their Individualized Exercise Plan (IEP) to use basic principles of health and wellness to develop an informed personal approach to mental and physical health.
2.	Students will use the basic principles to develop an informed, personal approach to their Individual Exercise Program.
3.	Students will understand the principles of lifetime fitness and will incorporate fitness activities into class participation.
4.	Students will acquire knowledge and demonstrate skills to safely engage in physical activity.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Define and establish an Individualized Exercise Plan (I.E.P.) based on their Medical Verification Report.
2.	Evaluate his/her health and physical status based on test scores.
3.	Perform varied physical activity based on the
4.	Demonstrate the proper and safe use of equipment and exercise skills.
5.	Demonstrate maintenance or improvement in the following areas: muscular strength and endurance, cardiorespiratory endurance, and flexibility.
6.	Describe the role of exercise and fitness in the prevention of major health problems.
7.	Identify the advantages and disadvantages of exercise for each student.

Course Content

1. General Introduction to Concepts in Adaptive Physical Education
 - a. Student's personal goals of fitness and health
 - b. Medical Verification Report (MVR)
 - c. Establish goals and objectives
 - d. Evaluation of health status
 - e. Physical fitness test:
 - i. Cardiorespiratory endurance tests
 - ii. Muscular strength and endurance tests
 - iii. Flexibility tests
2. Individual Exercise Prescription (Plan)
 - a. Analyze medications and other special considerations in making exercise recommendations/selections
 - b. Basis for physiological changes based on exercise principles
 - c. General guidelines for fitness program
 - d. Formulation of the Individual Exercise Plan (I.E.P.)
 - e. Application of the I.E.P. and demonstration of skills to each student
3. Application of the Individual Exercise Plan
 - a. Use of exercise equipment
 - b. Proper use of exercise skills
 - c. Minimizing injury risk
 - d. Updating the plan
4. Pre and Post Testing
 - a. Scientific foundations for exercise physiology applied to all testing methods.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Demonstration, lecture, and performance
Critique	Skill-related
Discussion	Lecture and discussion of basic principles
Individualized Instruction	Personal Individual Exercise Program
Lab	Complete Journal

Lecture	Basic topics and principles
Mediated Learning	Assistance may be needed.
Observation and Demonstration	Constant observation, skill related feedback
Other	Lecture Demonstration Create I.E.P. Provide assistance toward skill development Tests

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Group Work	
Individualized Instruction	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Quiz - Objective format, multiple choice or True/False. Final Exam - Objective format, true/false, multiple choice and written essays. Based on physical or medical disability, a student may be evaluated based on their IEP goals.
Portfolios	Record and complete Individual Exercise Program each class session.
Class Participation	Student must participate in daily required activities such as core development and flexibility exercises.
Other	Class Work - Complete Individual Exercise Program.
Homework	Read and write a summary from assigned books, journals, and internet websites.
Lab Activities	Lab Activities - Perform a strength test to establish strength baseline for major muscle groups.
Other	1. Completion of goals indicated on the Individualized Exercise Plan (I.E.P.) 2. Class journal which reflects daily goals accomplished in the I.E.P. 3. Comparative pre and post test results

Assignments

Reading Assignments

Assignments will be given from:

Books
 Journals
 Handouts
 Internet sites

Students will be required to read pertinent information of class topic(s)

Writing Assignments

- 1) Assigned readings from textbook and professional/medical articles which will be made available.
 - a. Student will need to summarize the reading.
 - b. Student will outline the reading and give main findings in written or oral form.
- 2) Maintain Individual Exercise Program (I.E.P.) -student will need to identify the muscle group used, identify the exercise equipment needed, and know how to use the proper biomechanics to safely perform the exercise technique.

Outside-of-Class Assignments

Perform Pre and Post testing for specific measurements based on Medical Verification Report.
Read pertinent information related to special topics; research special topics related to student's special needs.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Williamson, Peggie

Title

Exercise for Special Populations

Edition/Version

1st

Publisher

Lippincott Williams and Wilkins

Year

2012

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000616692

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No