

KINE-169: CORRECTIVE PHYSICAL EDUCATION FOR TA'S

Effective Term

Fall 2020

BOT Approval

02/13/2020

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

169

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Corrective Physical Education for TA's

Short Title

Corrective Phys Ed for TA's

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. Adding recommended prep.

SECTION B - Course Description

Catalog Course Description

This course is designed to train assistants in the field of corrective physical education and to provide these students with actual experience in working with a wide variety of handicaps and abilities. The student will gain an understanding of the physical, mental, and social effects of physical education on the exceptional individual. The course will provide experience and training for students interested in pursuing a career in Physical Education, Corrective Therapy and Rehabilitative Physical Education. Open entry/open exit.

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**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.	Acquire skills needed to assist disabled students to safely engage in physical activity.
2.	Recognize the value of physical activity for diverse and multicultural student populations.
3.	Discuss the changing physiological, physical, and psychological needs of diverse students in relation to physical activity.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	To appreciate the special handicaps and limitations of some students.
2.	To understand the role of physical education related to the exceptional student.
3.	Describe and demonstrate stretching exercises to maintain flexibility
4.	Apply and demonstrate for improving strength and endurance through weight lifting
5.	Demonstrate various fitness programs and ability to apply individual needs
6.	Develop an awareness and understanding of the body and its structure, functions, and movements
7.	Understand history and philosophy of physical education for the exceptional student
8.	Identify causes of developmental levels, terminology associated with physical and emotional disabilities

9. Explore specific disorders
10. Experience Special Olympic activities
11. Implement exceptional games for the handicapped individual
12. Learn the materials, professional techniques and methods, terminology for the disabled

Course Content

1. The Need for a Broader Concept of Fitness
2. Evaluating Your Fitness Level
3. Effects and Benefits of Exercises
4. Exercises Principles, Techniques, and Precautions
5. Individual Exercise Program
6. Programs for Improvement in Posture and Low Back Problems
7. Handling Stress and Tension
8. Sport and recreational Activities for Fitness
9. History and Philosophy of Corrective P.E.
10. Mental Retardations
11. Movement Education
12. Perceptual Theory
13. Gross and fine Motor Assessment
14. Therapeutic Exercises
15. Specific Disorders
 - a. Scoliosis
 - b. Lordosis
 - c. Kyphosis
 - d. Muscular Dystrophy
 - e. Spina bifida
 - f. Epilepsy
 - g. Mental Retardation
 - h. Amputee
 - i. Spinal Cord
 - j. Cardia
16. Exceptional games for the Handicapped; wheelchair sports
17. Multi-handicapped; Sensory motor integration theory and practice
18. Learning disabled; definition and characteristics rehabilitative physical education
19. Organization of adaptive physical education programs, guidelines, funding, placement, liability

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Lecture	Short, informative talks to include pertinent subject matter.
Discussion	Engage student oral participation in lectures.
Observation and Demonstration	Perform an exercise using safe, effective techniques.
Activity	Performance of a series of exercises which support pertinent subject area.

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
Lab Activities	Journal
Class Participation	Lab Reliability
Exams/Tests	Written Exams

Assignments**Writing Assignments**

Required reading of text. The course is primarily based upon actual techniques used in dealing with Adaptive P.E. students.
 Written exams required.

Outside-of-Class Assignments

As a laboratory type course, all student work is done primarily in the classroom. Assigned readings from text, written completion of lab journal and written exams.

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Karl Knopf

Title

Principles of Fitness Therapy

Publisher

Hunter Text

Year

2005

Material Type

Textbook

Author

Scott Powers, Stephen Dodd

Title

Total Fitness and Wellness

Edition/Version

5th

Publisher

Pearson

Year

2016

Material Type

Other required materials/supplies

Description

FOR CURRENT TEXT SEE TEXTBOOK ADOPTION FORMS ON FILE IN OFFICE
OF INSTRUCCION text required-see instructor

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****CB00 State ID**

CCC000616694

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