



## **KINE 160 - Adaptive Physical Education Course Outline**

**Approval Date:** 02/13/2020

**Effective Date:** 08/14/2020

### **SECTION A**

**Unique ID Number** CCC000616692

**Discipline(s)** Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 160

**Course Title** Adaptive Physical Education

**TOP Code/SAM Code** 1270.00 - Kinesiology / E - Non-Occupational

**Rationale for adding this course to the curriculum** Changing subject code to KINE. Changing hours from lec/lab to activity.

**Units** 1.5

**Cross List** N/A

**Typical Course Weeks** 18

### **Total Instructional Hours**

#### **Contact Hours**

**Lecture** 0.00

**Lab** 0.00

**Activity** 54.00

**Work Experience** 0.00

**Outside of Class Hours** 27.00

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**Total Contact Hours** 54

**Total Student Hours** 81

**Open Entry/Open Exit** No

**Maximum Enrollment** 25

**Grading Option** Letter Grade or P/NP

**Distance Education Mode of Instruction** On-Campus

### **SECTION B**

## General Education Information:

### SECTION C

#### Course Description

**Repeatability** May be repeated 0 times

**Catalog 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.

**Schedule Description**

### SECTION D

#### Condition on Enrollment

##### 1a. Prerequisite(s)

- Medical verification form must be completed by a physician

**1b. Corequisite(s):** *None*

**1c. Recommended:** *None*

**1d. Limitation on Enrollment:** *None*

### SECTION E

#### Course Outline Information

##### 1. Student Learning Outcomes:

- A. 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.
- B. 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.

##### 2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Define and establish an Individualized Exercise Plan (I.E.P.) based on their Medical Verification Report.
- B. Evaluate his/her health and physical status based on test scores.
- C. Perform varied physical activity based on the I.E.P.
- D. Demonstrate the proper and safe use of equipment and exercise skills.
- E. Demonstrate maintenance or improvement in the following areas: muscular strength and endurance, cardiorespiratory endurance, and flexibility.
- F. Describe the role of exercise and fitness in the prevention of major health problems.
- G. Identify the advantages and disadvantages of exercise for each student.
- H.

##### 3. Course Content

###### A. 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:
  - a. Cardiorespiratory endurance tests
  - b. Muscular strength and endurance tests
  - c. Flexibility tests

**B. 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

**C. 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

**D. Pre and Post Testing**

- a. Scientific foundations for exercise physiology applied to all testing methods
- b.

**4. Methods of Instruction:**

**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

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

**Typical classroom assessment techniques**

Exams/Tests -- Quiz: Objective format, multiple choice or True/False

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.

Class Work -- Complete Individual Exercise Program.

Home Work -- Read and write a summary from assigned books, journals, and internet websites.

Lab Activities -- Perform a strength test to establish strength baseline for major muscle groups.

Final Exam -- Test: 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.

Additional assessment information:

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

Letter Grade or P/NP

**6. Assignments:** State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

- A. Reading Assignments  
assignment will be given from:  
Books  
Journals  
Handouts  
internet sites

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

- B. Writing Assignments  
1) Assigned readings from textbook and professional/medical articles which will be made available.  
-student will need to summarize the reading.  
-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  
C. Other 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

## **7. Required Materials**

### **A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.**

Book #1:

Author: Williamson, Peggie  
Title: Exercise for Special Populations  
Publisher: -Lippincott Williams and Wilkins  
Date of Publication: 2012  
Edition: 1

### **B. Other required materials/supplies.**