

Course Outline

COURSE: APE 47 **DIVISION:** 30 **ALSO LISTED AS:** PE 47

TERM EFFECTIVE: Spring 2010 **Inactive Course**

SHORT TITLE: ADAPTED BACK FITNESS

LONG TITLE: Adapted Back Fitness

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

COURSE DESCRIPTION:

A course designed for the individuals with back injuries. The course is geared toward education, motivation, and a supervised program geared toward self-improvement and prevention for the back's well-being. The class will emphasize a wide variety of stretching and relaxation techniques as well as breathing exercises. This class is not designed to replace physical therapy, but to complement it. This class is offered on an open/entry open/exit basis. Previously known as PE 47. **ADVISORY:** Doctor, physical therapist and/or chiropractor referral required for entrance into class.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
 Maximum of 99 times, 100 credit hours

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Students will explain a higher level of back fitness through education and

exercise.

ILO: 2,6,7

Measure: Performance, demonstration, oral report

2. Students will identify muscles related to back injuries.

ILO: 2,6,1,7

Measure: Oral report, written exam, class discussion.

3. Students will identify flexibility and strength exercises specific to their individual needs.

ILO: 6,2,1,7

Measure: Performance, demonstration

4. Students will practice proper stretching techniques in order to improve their back flexibility.

ILO: 6,2,1,7

Measure: Performance, demonstration

5. Students will identify a variety of relaxation and visualization techniques.

ILO: 2,1,6,7

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 05/11/2009

3 Hours

Course Overview. Intro to Exercise and Back Pain. Assess areas of physical fitness strengths and weaknesses and prioritize those areas to be addressed.

SPO: Students will identify strengths and weaknesses specific to their needs.

Homework: Develop Personalized Exercise Plan.

6 Hours

Introduction of Flexibility/Strength Exercises. Controlled, gradual and progressive exercises. Cardiovascular Endurance. Range of Motion. SPO: Students will practice flexibility and strength exercises specific to their needs.

Homework: Stretching Log

3 Hours

Stress and its impact on our lives. Fight or flight. Stress and Body Alignment.

Breathing and Visualization Techniques. Introduction to Proper Breathing Exercises. SPO: Students will describe and demonstrate proper breathing exercises. Homework: Stress & Breathing Log.

6 Hours

Use of equipment and safety procedures are discussed. Functional exercises and movements that stabilize the body. Intro of Anatomy of Spinal Cord and Back Muscles. Intro to Movement/Stretching w/Balls. SPO: Students will perform functional exercises and movements correctly. Homework: Search the Internet for article on Exercise Tips for Back Pain and share with class.

3 Hours

Review anatomy of the back muscles. Review common back injuries. Intro Resistive Strength/Alignment/Training. Back and Abdominal Exercises. SPO: Students will identify the back muscles and describe common back injuries. Homework: Read handouts.

3 Hours

Proper Positioning Lifting/Pushing, ect./Back. Balance exercises and stretching w/European balls. Stretches, review Spinal Cord/Muscles. Use of aids; i.e.,

chair, towel, mats "stretch/flex bands". SPO: Students will practice proper lifting techniques and exercises that improve their back flexibility. Homework: Continue relaxation techniques as well as stretching and strengthening behaviors.

3 Hours

Intro Muscle Strength and Endurance. Exercises/stretching w/mats/ball. Continuous muscle strengthening via hand weights. SPO: Students will practice stretching exercises with exercise ball and hand weights. Homework: Update their exercise plan to include new stretches.

3 Hours

Water Therapy Introduction-Walking, Stabilization. SPO: Students will demonstrate adapted water exercises that improve their back flexibility. Homework: Attend one water aerobic class and discuss the benefits of at least one exercise.

4 Hours

Intro Progressive Relaxation Techniques. Mat and ball stretching. Demo- practice proper positioning. More stretching w/mats & ball. Continue exercises and relaxation techniques. Review anatomy, proper positioning and update their exercise plan. Review for final exam & complete student logs. SPO: Students will demonstrate relaxation techniques correctly. Homework: Add relaxation techniques to Stress Log.

2 Hours

METHODS OF INSTRUCTION:

- A. Videos, written materials, guest speakers.
- B. Attendance and participation.
- C. Demonstrations and explanations.
- D. Guided practice.
- E. Student Educational Contract

METHODS OF EVALUATION:

The types of writing assignments required:

Written homework

The problem-solving assignments required:

None

The types of skill demonstrations required:

Class performance

Performance exams

The types of objective examinations used in the course:

None

Other category:

None

The basis for assigning students grades in the course:

Writing assignments: 10% - 50%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 50% - 90%

Objective examinations: 0% - 0%

REPRESENTATIVE TEXTBOOKS:**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201030

CSU GE:

CSU E1, effective 201030

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201030

UC TRANSFER:

Transferable UC, effective 201030

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: E

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: APE

CSU Crosswalk Course Number: 47

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000515513

Sports/Physical Education Course: Y

Taxonomy of Program: 083580