Course Outline

COURSE:  APE 547  DIVISION:  30  ALSO LISTED AS:  PE 547

TERM EFFECTIVE:  Spring 2010  Inactive Course

SHORT TITLE: ADAPTED BACK FITNESS

LONG TITLE: Adapted Back Fitness

<table>
<thead>
<tr>
<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<td>Lecture: 0</td>
<td>0</td>
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<td></td>
<td>Lab: 1.5</td>
<td>27</td>
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<td>Other: 0</td>
<td>0</td>
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<td></td>
<td></td>
<td>Total: 1.5</td>
<td>27</td>
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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, movement 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. ADVISORY: Doctor, physical therapist, and/or chiropractor referral required for entrance into class. Previously known as PE 547.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: C - Credit - Degree Non Applicable

GRADING MODES

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
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

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:
CSU GE:
IGETC:
CSU TRANSFER:
    Not Transferable
UC TRANSFER:
    Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: E
Noncredit Category: Y
Cooperative Education:
Program Status: 2 Stand-alone
Special Class Status: S
CAN:
CAN Sequence:
CSU Crosswalk Course Department:
CSU Crosswalk Course Number:
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: CCC000515514
Sports/Physical Education Course: Y
Taxonomy of Program: 083580