GAVILAN COLLEGE
5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: AE 636 DIVISION: 30 ALSO LISTED AS:

TERM EFFECTIVE: Summer 2024 CURRICULUM APPROVAL DATE: 06/11/2024

SHORT TITLE: ADAPTED PHYSICAL ED

LONG TITLE: Adapted Physical Education

Units	Number of Weeks	Type	Contact Hours/Week	Total Contact Hours/Units
0	18	Lecture:	0	0
		Lab:	1 TO 3	18 TO 54 / 0 Unit Course
		Other:	0	0
		Total:	1 TO 3	18 TO 54

Out of Class Hrs:	00.00
Total Learning Hrs:	18.00 TO 54.00

COURSE DESCRIPTION:

An individualized program of adapted physical education activities designed to meet the needs of students who have physical limitations or disabilities. The course assists in the development and appreciation of physical activity as a regular planned contribution to one's overall physical fitness. This course is for the non-matriculating student, is not graded and is without college credit. ADVISORY: Students must be able to document a physical disability.

CREDIT STATUS: N - Non Credit

GRADING MODES
N - Non Credit

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

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity
04A - Laboratory - LEH 0.65
05 - Hybrid
71 - Dist. Ed Internet Simultaneous
73 - Dist. Ed Internet Delayed LAB
73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Identify their individual physical education goals.
2. Participate in individual and group activities to improve physical fitness and conditioning.
3. Demonstrate proper safety procedures specific to adapted equipment and exercise.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Review course content, expectations and grading procedures.
2. Develop an exercise program specific to their needs.
3. Identify strengths and weaknesses specific to physical exercise.
4. Practice while demonstrating proper body mechanics.
5. Discuss safety procedures and injury risks as related to their own exercise program.
6. Practice stretching, flexibility and mobility exercises specific to their individual needs.
7. Explain the benefits of fitness.

COURSE CONTENT:

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4-8 Hours

Students will review course content, expectations and grading procedures. Use of equipment and safety procedures are discussed. Introduce warm up and cooling down procedures. Long and short term goals discussed. Functional exercises and movements that stabilize the body. Discuss the importance of spine muscles.

4-8 Hours

Students will be individually assessed and activities will be developed. Construct and maintain a fitness conditioning program. Introduce supine exercises, i.e. compressions, butterflies, bicycles. Standing exercises, i.e. Range of motion, lateral press, standing crunch.

4-8 Hours

Students will be evaluated for progress and plans updated. Introduce additional flexibility exercises. Treatment for stretching injuries, i.e. the use of heat and cold for injury treatment.

3-6 Hours

Analyze areas of physical fitness strengths and weaknesses and prioritize those areas to be addressed. Discuss benefits of fitness development. Discuss symptoms of over-training.

2-4 Hours

Review the one-week exercise plan. Review safety procedures. Injury risks.

3-6 Hours

Use of wheelchair accessible exercise machines. Discuss safety procedures and related transfer issues of wheelchair students. Proper techniques of weight training, use of cuffs, straps, holders for wheelchair students. Wheelchair calisthenics.

3-6 Hours

Exercises using parallel bars and standing frame. Stretching and endurance activities related to parallel bars. Safety issues related to standing frame, i.e. the need for a second person while using standing frame. Proper body mechanics - postural alignment. Standing (supported and unsupported) calisthenics. Proper body mechanics - postural alignment.

2-6 Hours

Wheelchair transfer to table mat. Stretching exercises (supine/prone). Safety in transferring to the exercise mat. Roll and squirm exercises. Balance exercises, i.e. roll and tuck. Use of abdominal muscles for stabilization, i.e. obliques, rectus abdominals.

2 Hours

Final Exam.

Evaluation of student short and long term goals.

Note: The course is individualized and student performance objectives will vary as determined by the nature and degree of a student's disability. Students will be expected to address goals, individual assessments, group activities and evaluations at a level agreed upon in the Academic Accommodations Plan (AAP). Activities will be coordinated to meet the needs of each student, while at the same time be incorporated into games and sports as much as possible. Progress shall be measured through individual assessment for physical improvement. Evaluation will be subjective and objective testing for individual improvement, and by attendance.

METHODS OF INSTRUCTION:

Progress shall be measured through individual assessment for physical improvement. Activities will be coordinated to fit the needs of each student, while at the same time be incorporated into games and sports as much as possible. The course will use the campus LMS and integrate external tools for individual and collaborative learning: Instructor will record lecture videos, with transcripts or captions for accessibility. Course will use discussion boards to facilitate classroom interactions (student to student; instructor to student; small group work). Course will include small group work using LMS tools (e.g. collaboration, discussions) and external tools with instructions integrated into iLearn (e.g. Zoom).

METHODS OF EVALUATION:
Skill demonstrations
Evaluation Percent 100
Evaluation Description
Skill demonstrations: 100% - 100%
Class performance
Performance exams
Other: individualized assessments/exams

REPRESENTATIVE TEXTBOOKS:
N/A.

ARTICULATION and CERTIFICATE INFORMATION
CSU TRANSFER:
Not Transferable

UC TRANSFER:
Not Transferable

SUPPLEMENTAL DATA:
Basic Skills: N
Classification: L
Noncredit Category: E
Cooperative Education:
Program Status: 2 Stand-alone
Special Class Status: S
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Course Control Number: CCC000617646
Sports/Physical Education Course: N
Taxonomy of Program: 083580
CIP: 512309