

### Course Outline

**COURSE:** AE 636                      **DIVISION:** 30                      **ALSO LISTED AS:**

**TERM EFFECTIVE:** Summer 2020                      **CURRICULUM APPROVAL DATE:** 05/12/2020

**SHORT TITLE:** ADAPTED PHYSICAL ED

**LONG TITLE:** Adapted Physical Education

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
0	18	Lecture:	0	0
		Lab:	1 TO 3	18 TO 54
		Other:	0	0
		Total:	1 TO 3	18 TO 54
		Total Learning Hrs:	18 TO 54	

**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.

**PREREQUISITES:**

**COREQUISITES:**

**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
- 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. Explain increased awareness of their abilities and limitations through specific activities.
4. Demonstrate proper safety procedures specific to adapted equipment and exercise.

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

Curriculum Approval Date: 05/12/2020

6-8 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 importance of spine muscles. SPO: Students will review course content, expectations and grading procedures.

6-8 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. SPO: Students will develop an exercise program specific to their needs.

6-8 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. SPO: Students will practice and demonstrate flexibility exercises.

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. SPO: Students will identify strengths and weaknesses specific to physical exercise.

4 Hours

Review one week exercise plan. Review safety procedures. Injury risks. SPO: Students will discuss safety procedures and injury risks as related to their own exercise program.

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.

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 SPO: Students will practice and demonstrate proper body mechanics.

6 Hours

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

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 at a level agreed upon in the Academic Accommodation Plan (AAP).

Individual assessment, group activities and evaluations as per the Academic Accommodation Plan.

**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.

**METHODS OF EVALUATION:**

Skill demonstrations

Percent of total grade: 100.00 %

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

IGETC:

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

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: CCC000617646

Sports/Physical Education Course: N

Taxonomy of Program: 083580