

### Course Outline

**COURSE:** APE 36                      **DIVISION:** 30                      **ALSO LISTED AS:** PE 36

**TERM EFFECTIVE:** Fall 2022                      **CURRICULUM APPROVAL DATE:** 10/13/2020

**SHORT TITLE:** ADAPTED PE

**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>
.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
		Total Learning Hrs:	27 OR 54	

**COURSE DESCRIPTION:**

An individualized program of adapted physical education activities designed to meet the needs of students with physical disabilities. Develops an appreciation of physical activity as a regular planned contribution to one's overall fitness. May be repeated as necessary based on measurable progress as documented in the Academic Accommodations Plan. This course has the option of a letter grade or pass/no pass

**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
- 047 - Laboratory - LEH 0.7
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 737 - Dist. Ed Internet LAB-LEH 0.7

## STUDENT LEARNING OUTCOMES:

1. Describe ten (10) warm up and cool down activities.

Measure of assessment: Instructor observation, class participation, performance exam

Year assessed, or planned year of assessment: 2018

Semester: Fall

2. Demonstrate the appropriate use of adapted equipment and exercise.

Measure of assessment: Instructor observation, class participation, oral report

Year assessed, or planned year of assessment: 2018

Semester: Fall

3. Employ proper safety procedures specific to adapted equipment use.

Measure of assessment: Demonstration, instructor observation, oral report

Year assessed, or planned year of assessment: 2018

Semester: Fall

4. Demonstrate a series of small and large muscle group activities consistent with their individual plan.

Measure of assessment: Class participation, discussion, instructor observation

Year assessed, or planned year of assessment: 2018

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

Curriculum Approval Date: 10/13/2020

3.5-7 Hours

Course Overview. 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.

3.5-7 Hours

Construct and maintain a fitness conditioning program. Introduce large muscle and small muscle group exercises, i.e. compressions, butterflies, bicycles. Standing or seated exercises, i.e. range of motion, lateral press, standing crunch. Assess areas of physical fitness strengths and weaknesses and prioritize those areas to be addressed. SPO: Students will identify strengths and weaknesses

specific to physical exercise.

4-8 Hours

Introduce additional flexibility exercises. Review treatment for stretching injuries, i.e. the use of heat and cold for injury treatment. Evaluate students for progress and update plans. SPO: Students will perform the additional flexibility exercise correctly.

4.5-9 Hours

Introduction of wheelchair or seated calisthenics. Use of wheelchair or seated 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. SPO: Students will demonstrate proper techniques for calisthenics specific to their needs.

#### 4.5-9 Hours

Introduction to stretching and endurance activities related to large and small muscle groups. Exercises using parallel bars and standing frame. Safety issues related to standing frame, i.e. the need for a second person while using standing frame. Introduction to proper body mechanics - postural alignment.

SPO: Student will practice and demonstrate proper stretching and endurance activities specific to their individual plan.

#### 3-8 Hours

Introduce additional stretching exercises (supine/prone). Wheelchair transfer to table mat. Safety methods 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 that will improve abdominal muscle strength.

#### 2-4 Hours

Discuss benefits of fitness development. Discuss symptoms of overtraining. Review and discuss the importance of exercise. SPO: Students will explain the benefits of fitness.

#### 2 Hours

### **METHODS OF INSTRUCTION:**

Demonstration, Lecture, Guided Practice, Discussion, AAP (Academic Accommodation Plan).

### **METHODS OF EVALUATION:**

Problem-solving assignments

Percent of total grade: 10.00 %

Problem-solving demonstrations: 10% - 40% Class performance exams

Skill demonstrations

Percent of total grade: 80.00 %

Skill demonstrations: 50% - 80% Class performance exams

Objective examinations

Percent of total grade: 10.00 %

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 200970

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 2 Stand-alone

Special Class Status: S

CAN:

CAN Sequence:

CSU Crosswalk Course Department: APE

CSU Crosswalk Course Number: 36

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: CCC000508314

Sports/Physical Education Course: Y

Taxonomy of Program: 083580