GAVILAN COLLEGE
5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

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

SHORT TITLE: ADAPTED PE

LONG TITLE: Adapted Physical Education

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

Out of Class Hrs:	00.00
Total Learning Hrs:	27.00 OR 54.00

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

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:

By the end of this course, a student should:

1. Describe ten (10) warm up and cool down activities.
2. Demonstrate the appropriate use of adapted equipment and exercise.
3. Employ proper safety procedures specific to adapted equipment use.
4. Practice a series of small and large muscle group activities consistent with their individual plan.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Review course content, expectations and grading procedures.
2. Identify strengths and weaknesses specific to physical exercise.
3. Perform the additional flexibility exercise correctly.
4. Demonstrate proper techniques for calisthenics specific to their needs.
5. Demonstrate proper stretching and endurance activities specific to their individual needs.
6. Practice and demonstrate stretching exercises that will improve abdominal muscle strength.
7. Explain the benefits of fitness.

COURSE CONTENT:

Curriculum Approval Date: 06/11/2024

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.

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.

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.

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.

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.

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.

2-4 Hours

Discuss benefits of fitness development. Discuss symptoms of overtraining. Review and discuss the importance of exercise.

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 Accommodations Plan (AAP).

METHODS OF INSTRUCTION:
Demonstration, Lecture, Guided Practice, Discussion, AAP (Academic Accommodations Plan).

METHODS OF EVALUATION:
Problem-solving assignments
Evaluation Percent 10
Evaluation Description
Problem-solving demonstrations: 10% - 40%
Class performance
and Performance exams

Skill demonstrations
Evaluation Percent 80
Evaluation Description
Skill demonstrations: 50% - 80%
Class performance
and Performance exams

Objective examinations
Evaluation Percent 10
Evaluation Description
Objective examinations: 10% - 40%
True/false

ARTICULATION and CERTIFICATE INFORMATION

GAV GE:

GAV E
GAV Area 7

CSU GE:

CSU E

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: Y
Noncredit Category: Y
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: CCC000508314
Sports/Physical Education Course: Y
Taxonomy of Program: 083580
CIP: