



5055 Santa Teresa Blvd  
Gilroy, CA 95023

### Course Outline

**COURSE:** APE 536                      **DIVISION:** 30                      **ALSO LISTED AS:**

**TERM EFFECTIVE:** Spring 2021                      **CURRICULUM APPROVAL DATE:** 04/09/2019

**SHORT TITLE:** ADAPTED PHYSICAL EDUCATION

**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

**Out of Class Hrs:** 00.00

**Total Learning Hrs:** 1.50 OR 3.00

#### **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 Accommodation Plan. This is a pass/no pass course.

**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

## 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:

1. Describe and demonstrate 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 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. Demonstrate and 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. Practice 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

## COURSE CONTENT:

Curriculum Approval Date: 04/09/2019

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.

**COURSE CONTENT (Continued):**

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, Academic Accommodation Plan (AAP).

**METHODS OF EVALUATION:**

Problem-solving assignments

Percent of total grade: 10.00 %

Problem-solving demonstrations: 10% - 40% Homework problems

Skill demonstrations

Percent of total grade: 80.00 %

Skill demonstrations: 50% - 80% Class performance Performance exams

Objective examinations

Percent of total grade: 10.00 %

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

**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:

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: CCC000508318

Sports/Physical Education Course: Y

Taxonomy of Program: 083580