

Course Outline

COURSE: APE 538 **DIVISION:** 30 **ALSO LISTED AS:** PE 538

TERM EFFECTIVE: Spring 2021 **CURRICULUM APPROVAL DATE:** 10/13/2020

SHORT TITLE: ADAPT CARDIO TRNG

LONG TITLE: Adapted Cardiovascular Conditioning and Training

<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

COURSE DESCRIPTION:

An individualized program of adapted exercises in weight training, stretching and cardiovascular conditioning for those individuals who have been disabled through stroke, cardiovascular accident, arthritis, multiple sclerosis, or other condition. 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, 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:

1. Identify three (3) exercises specifically designed for improved cardiovascular conditioning.

Measure of assessment: instructor observation, class participation, oral report, performance exam

Year assessed, or planned year of assessment: 2018

Semester: Fall

2. Demonstrate a 10 minute warm up routine.

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

Year assessed, or planned year of assessment: 2018

Semester: Fall

3. Describe five (5) safety rules associated with the use of adapted equipment.

Measure of assessment: Instructor observation, oral report

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

Curriculum Approval Date: 10/13/2020 **DE MODIFICATION ONLY**

3-6 Hours

Students will review course content, expectations and grading procedures. Use of equipment, safety procedures and injury risks are

discussed. Proper treatment of injuries and causes of common injuries related to weight training and conditioning. Understanding of unsafe/high risk movements. Proper use of equipment including entering and exiting of fitness room, asking for assistance when necessary. Pay particular attention to equipment that is motorized. SPO: Students will review course content, expectations and grading procedures. Students will identify unsafe or high risk movements during exercise.

3-6 Hours

Introduce warm up and cooling down procedures. Proper techniques for stretching during warm up and cool down. List of exercises used on a daily basis. SPO: Students will perform warm up and cool down exercises specific to their needs.

3.5-7 Hours

Construct and maintain a fitness conditioning program. Long and short term goals discussed. Students will be individually evaluated and activities will be developed. Introduce group and individual routines for aerobic exercise. SPO: Students will develop an exercise plan specific to their needs. 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.

3-6 Hours

Introduction of 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. Discuss motivational techniques and factors that affect exercise adherence. Define exercise behavior, belief and attitude. SPO: Students will perform the additional flexibility exercise correctly. Students will identify factors related to their own exercise behavior.

4-8 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. List problems and possible solutions associated with difficulties in use of equipment. SPO: Students will demonstrate proper techniques for calisthenics specific to their needs. Students will identify challenges, alternatives and solutions related to their own specific adapted needs.

3.5-9 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 proper stretching and endurance activities specific

to their individual plan.

3-6 Hours

Introduce additional stretching aerobic 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 stretching exercises that will improve abdominal muscle strength and

conditioning.

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:

Through individual assessment and testing for individual improvement, activities will be coordinated to fit the needs of each student. Individual evaluations will be the basis of grading.

METHODS OF EVALUATION:

Skill demonstrations

Percent of total grade: 80.00 %

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

Objective examinations

Percent of total grade: 20.00 %

REPRESENTATIVE TEXTBOOKS:

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: CCC000508319

Sports/Physical Education Course: Y

Taxonomy of Program: 083580