

# KIN A170: ADAPTED STRENGTH TRAINING

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083580 - Adapted Physical Education
Units	.5-1.5 Total Units
Hours	18-54 Total Hours (Lecture Hours 4.5-13.5; Lab Hours 13.5-40.5)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Pass/No Pass (B), • Standard Letter (S)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Course is designed for students with physical disabilities requiring an individualized exercise program. Instruction and practice in individualized weight training and resistive exercises will be given for improvement in muscular strength, endurance, and flexibility. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Demonstrate, through the practice of an individualized exercise program, proper strength training techniques for improvement in muscular strength, endurance, flexibility, and postural remediation.
2. Self-assess errors in technique and identify methods of adjustment to enhance benefits.

## Course Objectives

- 1. Show measurable progress by increased muscular strength and/or endurance as recorded on daily workout card.
- 2. Perform an individualized exercise program following guidelines established by physician and or health care provider.
- 3. Demonstrate correct exercise techniques for each individualized program activity including: proper breathing, hand positions, good body mechanics, and movements.
- 4. Demonstrate proper warm-up and cool-down activities and stretches.
- 5. Demonstrate strengthening exercises and stretches to alleviate postural deviations.
- 6. Demonstrate appropriate exercises for all major muscular joints.

## Lecture Content

1. Introduction/Orientation/Pre-assessments a. Individual goal setting, pre-testing b. Development of individualized student exercise programs  
 2. Importance of warm-up exercises a. Demonstration and practice of proper warm-up activities  
 3. Proper breathing, hand placement on weights a. Demonstration and practice of individual weight training exercises b. DOMS-Delayed Onset Muscles Soreness/Stiffness  
 4. Safety, body mechanics, and proper lifting a. Demonstration and practice of proper body mechanics when lifting, bending, and positioning  
 5. PRE-Progressive Resistive Exercise principles a. Explanation of overload principles and proper documentation of daily work-out cards  
 6. Demonstration and practice of specific strengthening exercises for the major muscles of the body  
 7. Post-assessment a. Evaluation of individual goals b. Determination of measurable progress c. Repetition permitted or denied

## Lab Content

see course content

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture and application of ideas Instructor feedback and corrections  
 Video lectures

## Writing Assignments

1. Written analysis of strength and flexibility acquisition relative to quality of life activities of daily living.  
 2. Demonstration of improved strength by pre and post assessments.  
 3. Written objective and subjective self-evaluations.

## Out-of-class Assignments

## Demonstration of Critical Thinking

Individual performance, progress as recorded on daily student exercise card, skill demonstrations, written assignments and pre- and post-assessments.

## Required Writing, Problem Solving, Skills Demonstration

1. Written analysis of strength and flexibility acquisition relative to quality of life activities of daily living.  
 2. Demonstration of improved strength by pre and post assessments.  
 3. Written objective and subjective self-evaluations.

## Other Resources

1. Selected handout materials to be provided and distributed by the instructor.  
 2. Selected handout materials to be provided and distributed by the instructor.