

KIN A173: ADAPTED STRENGTH AND BALANCE

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 for students with physical disabilities who want to learn methods of increasing stability, decreasing fear, improving posture, recovering loss of balance & getting up from a fall. Students must participate in all challenges & balance assessments. 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. Execute proper whole body awareness, gait training, strength and stretch techniques needed for improvement in balance and mobility
2. Self-assess proper body alignment, identify fall risks, improve confidence and implement appropriate adjustments.

Course Objectives

- 1. Perform an individualized balance and gait enhancement program.
- 2. Demonstrate improved confidence through self-efficacy survey pre-post
- 3. Demonstrate increased awareness of posture and proprioception through self assessment and correction
- 4. Demonstrate improved flexibility in pre- and post- flexibility assessments.
- 5. Demonstrate improved muscular strength and endurance through increased repetitions of selected exercises.
- 6. Demonstrate improved balance, gait and agility by positive changes in pre- and post screening.

Lecture Content

1. Introduction/Orientation/Pre-assessments a. Individual goal setting, pre-assessments b. Development of individualized student exercise program 2. Overview of the principles and guidelines of balance and mobility 3. Balance and mobility progressions a. Demonstration and practice of center of gravity, proprioception and multisensory exercises. b. Principles of postural alignment and remediation of imbalances 4. Gait Pattern Enhancement and Variation Training a. Demonstration and practice of gait patterns and progressions b. Demonstration and practice of agility drills 5. Core Stability a. Demonstration of specific flexibility and strengthening exercises 6. Fall Recovery a. Demonstration of safe fall recovery steps 7. Post-assessment of all students 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 effects of increased balance and mobility upon activities of daily living 2. Demonstration of proper stretching and strength exercises 3. Demonstration of increased confidence and proprioception 4. Demonstration of proper fall recovery techniques 5. Written objectives and subjective self-evaluation

Out-of-class Assignments

Demonstration of Critical Thinking

Individual performance, skill demonstrations, written assignments, final self-evaluation, and pre-post assessments.

Required Writing, Problem Solving, Skills Demonstration

1. Written analysis of effects of increased balance and mobility upon activities of daily living 2. Demonstration of proper stretching and strength exercises 3. Demonstration of increased confidence and proprioception 4. Demonstration of proper fall recovery techniques 5. Written objectives and subjective self-evaluation

Other Resources

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