

# KIN A175: ADAPTED AEROBIC EXERCISE

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	Standard Letter (S), • Pass/No Pass (B)
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 who can benefit from a sustained cardiorespiratory exercise program. 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 active participation in an aerobic exercise program, proper training techniques for improvement in cardiorespiratory strength and endurance.
2. Self-assess errors in technique and identify methods of adjustment to enhance benefits.

## Course Objectives

- 1. Explain principles and theory of aerobic exercise.
- 2. Analyze overloading principles relative to aerobic fitness.
- 3. Perform an individualized aerobic exercise program.
- 4. Identify the training effects of aerobic activity.
- 5. Monitor their own heart rates during aerobic exercise.
- 6. Monitor their own heart rates during aerobic exercise.
- 7. Explain and demonstrate steps of an aerobic workout to music.

## Lecture Content

1. Introduction/Orientation/Pre-assessments. a. Individual goal setting, pre-assessments. b. Development of individualized student exercise program. 2. Principles of warm-up and cool-downs. a. Demonstration and practice of pre-aerobic exercises. 3. Principles of adapted aerobic exercise. a. Individualization of student aerobic program. b.

Demonstration and practice of exercise program. c. Introduction to ergometry and resistive equipment. 4. Principles of fat loss, body composition and healthy nutrition. 5. 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 goals, objective and subjective self-evaluation. 2. Written analysis of cardiovascular effects on heart health. 3. Demonstration of improved cardiovascular fitness by pre-and post-assessments.

## Out-of-class Assignments

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## Demonstration of Critical Thinking

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

## Required Writing, Problem Solving, Skills Demonstration

1. Written goals, objective and subjective self-evaluation. 2. Written analysis of cardiovascular effects on heart health. 3. Demonstration of improved cardiovascular fitness by pre-and post-assessments.

## Other Resources

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