PE G105: ADAPTED STRENGTH AND FITNESS

Item	Value
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	54 Total Hours (Lab Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• GWC Lifelong Understanding (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

This is a physical fitness class consisting of cardiovascular conditioning, muscle strength, endurance, and proper use of weight machines, wheelchair accessible nautilus machines, and free weights in the fitness lab. The purpose of strength training is to improve an individual's strength, stability, and coordination. Each student will be evaluated and an individual exercise plan will be developed. At the end of the class, each student will be experienced in individual and group physical activity. Students will be able to apply knowledge to improve quality of life by increasing, strength, stability, coordination and increasing knowledge of life-long fitness and activity. PREREQUISITE: Instructor permission. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Identify which exercises benefit his or her individual needs based on ability and goals.
3. Demonstrate proper form when lifting weights as well as using the assisted weight machines.
4. Demonstrate an understanding of weighted exercise and safety techniques.
5. Demonstrate the use of various equipment that can be used to improve overall fitness.

Course Objectives

- 1. Demonstrate an understanding of the values of strength training exercise.
- 2. Demonstrate an understanding of weighted exercise and safety techniques.
- 3. Demonstrate the use of various equipment that can be used to improve overall fitness.
- 4. Analyze which exercises can best benefit his/her individual ability, needs and goals.
- 5. Correctly perform exercises on circuit training equipment.

Lab Content

I. Orientation A. Nautilus orientation and discussion. B. Physical demonstration on use and safety of equipment and exercises. C. Flexibility exercises II. Analysis of individual program and needs. A. Appropriate exercises to strengthen muscles B. Appropriate stretches to do after individual exercise programs to improve flexibility. III. Individual exercise program A. Use of developed program e.g., wheelchair program B. Evaluation of progression C. Reevaluate goals if necessary IV. Evaluation procedures A. Self evaluation and measurement (on individual workout sheet) B. Teacher evaluation and measurement. C. Confirmation of measurable progress. This is a physical fitness lab class developed to improve muscle flexibility and strength through low and/or no-impact exercise. Students will work with the instructor to develop an individualized exercise plan using the equipment in the fitness lab.

Method(s) of Instruction

- Lab (04)

Reading Assignments

WebsitesHandouts and current articles

Writing Assignments

The students will demonstrate and apply the use the exercise equipment in an independent and safe manner. They will demonstrate their use of the individual exercise programs designed to help them gain strength, flexibility and confidence.

Out-of-class Assignments

Lab only course

Demonstration of Critical Thinking

Demonstration and application of skills needed to safely use the fitness equipment. Students will also learn the need for strength and flexibility to accomplish positive improvement. This course allows students to analyze their needs and ability to expand their knowledge of life long fitness.

Required Writing, Problem Solving, Skills Demonstration

The students will demonstrate and apply the use the exercise equipment in an independent and safe manner. They will demonstrate their use of the individual exercise programs designed to help them gain strength, flexibility and confidence.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.