

SPED C030N: ADAPTED FITNESS

Item	Value
Curriculum Committee Approval Date	04/09/2010
Top Code	083580 - Adapted Physical Education
Units	0 Total Units
Hours	8-64 Total Hours (Lab Hours 8-64)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 99
Grading Policy	P/NP/SP Non-Credit (D)

Course Description

Group exercise course designed for students with physical limitations to increase cardiovascular health, muscular strength, improve posture, enhance range of motion and increase breath control. Focus is on functional motor control, coordination, strength, and flexibility. Special attention is given to activity programs that meet the interest and individual functional abilities of students who may not safely or successfully engage in the activities of a regular Physical Education program. COREQUISITE: Limitations may be temporary or permanent; A signed Coastline College Doctor's Disability Verification will be requested from the student's physician. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Increase cardiovascular health and muscular strength, improve posture, enhance range of motion and increase breath control.
2. Build skills and abilities that enable activities of daily living (ADL) and leisure/recreational pursuits.
3. Enhance sense of well-being.

Course Objectives

- 1. Students will apply learned basic exercise physiology concepts to develop and/or maintain their cardiovascular health, muscle strength, and flexibility.
- 2. Students will adapt learned exercises to individual functional levels and ability.
- 3. Students will benefit from improved overall health, physical conditioning, and social interaction by establishing exercise as part of their regular weekly routine.

movement exercises Flexibility Upper and lower body stretches Gross Motor movement requiring full range of motion of joints and body parts Modified yoga techniques and exercises

Method(s) of Instruction

- Regular NC Lab (NC4)
- Live Online Reg NC Lab (NCC)

Instructional Techniques

Assessments Questionnaires Student activity and progress logs Demonstrations

Reading Assignments

-

Writing Assignments

-

Out-of-class Assignments

-

Demonstration of Critical Thinking

-

Required Writing, Problem Solving, Skills Demonstration

Situational awareness and adaptation. Pre and post testing.

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. Special education: Minimum qualifications for these faculty members are specified in title 5, section 53414. Masters degree required. Title 5, section 53414

Other Resources

1. Coastline Library 2. Supplemental Reading: Senior Fitness Test Manual, Rikli Jones (2001) Physical Activity Instruction for Older Adults, Jones Rose, Eds. (2005) Active Older Adults: Ideas for Action, Allen, Ed. (1999)

Lecture Content

See Lab Content

Lab Content

Warm up and Cardiovascular Activities: Rhythmic movement seated or standing Range of motion Gait variation seated or standing Muscular Strength and Endurance Strength Activities: seated or standing Free weights Bands Resistance tubing Machines Mat exercises Lifestyle