

SPED C031N: ADAPTED BALANCE AND MOBILITY

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 reduce the risk of falls by using a multidimensional approach to maintain/improve balance and mobility. COREQUISITE: Limitations may be temporary or permanent; A signed Coastline Verification of Disability form will be required from the student's physician. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Maintain or improve postural alignment and center of gravity control.
2. Maintain or improve strategies for anticipatory and reactive postural control.
3. Maintain or improve muscle strength, power and range of motion prerequisite to maintain body control.

Course Objectives

- 1. Student will develop awareness and competency in maximizing postural control when ambulating in different environments.
- 2. Student will maintain or improve current level of balance and mobility and reduce the fear and risk of falling
- 3. Student will benefit from improved overall health, physical conditioning, and social interaction by establishing exercise as part of their regular weekly routine.

Lecture Content

See Lab Content

Lab Content

Assessment of Fall Risk and Fall Recovery Senior Fitness Test Health/Activity Questionnaire FAB scale Extrinsic Risk Reduction, Home Safety Checklist Components of Fall Reduction Center of Gravity Training Multisensory Training Visual Somatosensory Vestibular Postural Strategies Gait Pattern Multi-task coordination Technique of Fall Recovery Strength and Flexibility Training Upper and lower body strengthening Bands Tubing Weights Upper and lower body stretches Breathing and postural alignment

Method(s) of Instruction

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

Instructional Techniques

Demonstrations Discussions of important concepts Surveys,assessments, and evaluations

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 balance assessments

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: Rose, Debra J, Fall Proof, (2nd Edition), Human Kinetics, 2010 ISBN 0-7360-6747-8andASCM Exercise Management for Persons with Chronic Diseases and Disabilities