

# SPED C032N: ADAPTED STRENGTH AND CONDITIONING

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 to meet the fitness needs of the student with a physical disability who requires individualized approaches to curriculum and adapted methodologies. Activities are designed and implemented to achieve improved levels of fitness: muscle strength, muscle endurance, cardio-respiratory & cardiovascular functions, anaerobic efficiency, general flexibility, and range of motion. All levels of body management, mobility/agility and ambulation/locomotion are included. COREQUISITE: Limitations may be temporary or permanent; Student's personal physician's signature required on Coastline Special Programs and Services Verification of Disability form. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

## Course Level Student Learning Outcome(s)

1. Maintain or improve cardiopulmonary and cardiovascular conditioning.
2. Maintain or improve muscular strength, endurance, and range of motion to maintain or improve functional musculature.
3. Maintain or improve body management skills, general mobility, and ambulation skills.

## Course Objectives

- 1. Students will learn adapted activities pursuant to goal achievement in all areas of fitness.
- 2. Students will learn the value fitness contributes toward improved health and improved/maintained levels of functional abilities.
- 3. Students will benefit from improved overall health, physical conditioning, and social interaction by establishing exercise as part of their regular weekly routine.

## Lab Content

Physical Assessment; Student Collaboration with Instructor to Set Measurable Fitness Goals Determination of current levels of muscular function and ranges of motion Determination of current levels of functional abilities, mobility, ambulation, body management Determination current levels of cardio-respiratory cardiovascular fitness Orientation, Adaptation of Curriculum and Methodology as per Individualization of Student Needs Protocols Activities to achieve positive changes in muscle strength, endurance, and flexibility Protocols Activities to facilitate and enable improvements in functional mobility, ambulation, and body management Protocols Activities to promote improved levels of cardio-respiratory and cardiovascular fitness Concurrent Assessment/Re-assessment Promoting Continuation of Positive Change in Fitness Parameters Identified in Goal Setting Protocols to assess all fitness parameters Modifications to activity protocols to advance progress toward goals Comparison of initial fitness goals with summative assessments

## Method(s) of Instruction

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

## Instructional Techniques

Discussion of important concepts Demonstration Evaluations Self-Evaluations In-class hands-on practice of strategies and techniques.

## Reading Assignments

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## Writing Assignments

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## Out-of-class Assignments

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## Demonstration of Critical Thinking

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## Required Writing, Problem Solving, Skills Demonstration

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

## Lecture Content

See Lab Content