

SPED C038N: ADAPTIVE PHYSICAL EDUCATION 1

Item	Value
Top Code	493030 - Learning Skills, Handicapped
Units	0 Total Units
Hours	16-108 Total Hours (Lab Hours 16-108)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Basic Skills (B)
Repeatable	Yes; Repeat Limit 99
Grading Policy	P/NP/SP Non-Credit (D)

Course Description

A basic motor skills program designed for students with intellectual disabilities. Course focuses on the development of coordination, balance, conditioning, spatial orientation, and socialization skills utilizing sequential motor exercises and elements of structured sports activities. Students enrolled in the course receive an individualized educational contract where course objectives are evaluated according to whether or not the objectives/student outcomes are targeted, satisfied, not satisfied, deferred, or not applicable. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Demonstrate improved coordination, balance, stability, conditioning, and spatial orientation through sequential motor exercises specific sport drills and structured sports activities.
2. Demonstrate improved ability to follow rules of the game and multi-step directions and to cooperate as a team member in order to facilitate his/her participation in sports activities. Utilize a variety of sports equipment through skill-building activities and sport participation.

Course Objectives

- 1. Show improved locomotor coordination.
- 2. Demonstrate through exercise improved balance and stability.
- 3. Exhibit improved conditioning and skill building.
- 4. Perform with improved eye-hand and eye-foot coordination.
- 5. Apply improved eye-hand and eye-foot coordination to various sports activities as per curricular content of class.
- 6. Function in a variety of sports environments.
- 7. Follow rules of the game.
- 8. Follow multi-step directions.
- 9. Cooperate with others in order to facilitate his/her participation in sports activities.
- 10. Recognize peers as partners, teammates, and competitors.
- 11. Correctly and safely utilize a variety of sports equipment.
- 12. Identify skill building through physical education as a channel for facilitating personal improvement.

Lecture Content

See Lab Content

Lab Content

Introduction to participatory sports Awareness of sport Self awareness Coordination Balance and stability Conditioning Awareness of peers and their role within the team Partners Teammates Competitors Awareness of sports environment Skill building – general sports Locomotor coordination Walking (or wheelchair mobility) Running Skating Eye-hand coordination Tracking Catching Throwing Striking Propelling objects Eye-foot coordination Using Equipment Kicking Propelling objects Multi-step Skills Combining skills i.e. running and dribbling a ball Chaining skills i.e. catching then throwing a ball Rules and concepts Rules Following directions Understanding the object of the game Cooperation with others Sharing Taking turns Competition Safety awareness (self-protection, respect for safety of others) Self-improvement

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

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Eligible Disciplines

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