

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 94 - Adaptive Physical Education**

**1.5 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** NONE

**Transfer Status:** CSU/UC

17 hours Lecture

34 hours Lab

This course introduces students to adaptive physical activities that develop strength, cardiovascular endurance, and flexibility. Activity programs will be designed to address individual student need based on physical ability, fitness level, and skill. Individual instruction may include jogging, walking, weight training, biking, aquatics, and flexibility programs.

### II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. identify the fitness components of a healthy lifestyle.
- B. identify adaptive activities that are appropriate for their physical ability, fitness level, and skill.
- C. identify the basic safety rules of a variety of adaptive activities.
- D. demonstrate improvement in strength, cardiovascular endurance, and flexibility.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

#### Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction and Medical Referrals	1.50
2. Medical History and Pretest	2.00
3. Equipment Safety and Rules	1.50
4. Appropriate Adaptive Workout	4.50
5. Evaluation of Students' Progress and Adjustment Programs	1.50
6. Components of Fitness	4.50
7. Physical Post-Test /Individualized Education Plan (IEP) Success	1.50
Total Hours	17.00

#### Lab

<u>Topics</u>	<u>Hours</u>
1. Medical History and Pretest	1.00
2. Equipment Safety and Rules	2.00
3. Cardiovascular Activities	9.00
4. Flexibility Activities	9.00
5. Strength Activities	9.00
6. Evaluate Students' Progress and Program Adjustments	2.00
7. Physical Post-Test /IEP Success	2.00
Total Hours	34.00

#### **IV. METHODS OF INSTRUCTION**

- A. Lecture
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Discussion
- D. Demonstrations
- E. Multimedia Presentations
- F. Drill/Practical

#### **V. METHODS OF EVALUATION**

- A. Class participation
- B. Written or Oral Examinations
- C. Practical Evaluations
- D. Pre/Post physical assessment tests

#### **VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read an article on Adaptive PE safety and be prepared to discuss accident and injury prevention in class.
  - 2. Read the handouts on physical assessment tests and set a personal goal for each category.
- B. Writing Assignments
  - 1. Chart your diet for one week and write a short essay on what you learned.
  - 2. Create a workout program that covers all components of fitness.
- C. Out-of-Class Assignments
  - 1. Do internet research and be prepared to discuss target heart rate in class.
  - 2. Visit an elementary school and observe a period of adaptive PE instruction. Be prepared to report your observations in class.

#### **VII. RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. Materials will vary depending upon the activity requirements.
- B. Use of student aids

**Created/Revised by:** Frances Babich

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