

Las Positas College  
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**Course Outline for KIN AAE  
ADAPTED AEROBIC EXERCISE**

**Effective: Fall 2014**

**I. CATALOG DESCRIPTION:**

KIN AAE — ADAPTED AEROBIC EXERCISE — 0.50 - 2.00 units

This course is for people with disabilities to develop different aerobic exercises to improve cardiovascular strength and endurance. Students will experience cardiovascular training in the context of their individual's physical, intellectual and/or affective abilities and limitations. Students will experience aerobic exercises such as biking, chair aerobic exercise, walking, jogging, Step, treadmill and elliptical. Students will review and apply basic exercise physiology and fitness concepts in the context of their own abilities and limitations to develop and/or maintain their cardiovascular fitness levels.

0.50 - 2.00 Units Lab

**Grading Methods:**

Letter or P/NP

**Discipline:**

**Family:** Kinesiology Adaptive

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	108.00

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1**

**III. PREREQUISITE AND/OR ADVISORY SKILLS:**

**IV. MEASURABLE OBJECTIVES:**

**Upon completion of this course, the student should be able to:**

- A. Examine and practice the concepts and techniques of continuous cardiovascular training.
- B. Describe the significance of maximum oxygen consumption and how it relates to one's level of cardiorespiratory endurance
- C. Examine the difference between anaerobic and aerobic exercise
- D. Construct and maintain a Personal Exercise Program. Discuss the methods to achieve cardiorespirator fitness which may incorporate appropriate cultural, disability and/or gender issues.

**V. CONTENT:**

- A. Concepts and techniques of continuous cardiovascular training.
  1. long distance training
  2. interval training
  3. cross training
- B. Oxygen consumption and how it relates to one's level of cardiorespiratory endurance.
  1. intensity
  2. duration
  3. frequency
  4. heart rate (target)
  5. risk factors
- C. Aerobic and anaerobic training
- D. Personal exercise program
  1. Cardiovascular tests
  2. Specific contraindications from literature regarding disability.
  3. Benefits of fitness development in context of physical disabilities
  4. Pre-testing baselines
  5. Post-testing for ending results and analysis
  6. Utilize any specific and reasonable accommodations

**VI. METHODS OF INSTRUCTION:**

- A. **Individualized Instruction -**

- B. **Lecture** - Student will learn about modifications that are available for use in aerobic exercises. Lectures will be based upon the needs of the student in class.
- C. **Demonstration** -
- D. **Classroom Activity** -

#### VII. TYPICAL ASSIGNMENTS:

- A. Students will be able to use the InstaHeart Monitor to evaluate their activities intensity level and understand how exercise affects their heart rate.
- B. Students will demonstrate how they would adapt a physical activity to find a level of lifelong health and fitness.
- C. Students will be verbally quizzed on their knowledge of what their heart rate shows them about their health and fitness
- D. Students will be verbally quizzed on the benefits and outcomes of aerobic and anaerobic exercise
- E. Students will interview their doctor about the medications they are taking and have written a list of these medications with their affect on their personal fitness and health
- F. Students will develop, maintain and analyze a dietary log to understand the affect of diet on health and fitness

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Exams/Tests
- 2. Oral Presentation
- 3. Class Participation
- 4. Class Work

##### B. **Frequency**

- 1. Students will be assessed on their progress towards their individual goals by testing exercises at least three times during the semester, including a Final Exam and two tests.
- 2. Students will discuss with the instructor the muscles used in each of their exercises and discuss the concept of training heart rate three times during the semester.
- 3. Students will be given participation points each class which will be determined by their effort, appropriate attire and safety.
- 4. Students will be given work in class at least every other week which will include approaches to socialization and helpfulness; safety around others.

#### IX. TYPICAL TEXTS:

- 1. Fahey, Thomas, Paul M. Insel and Walton T. Roth *Fit and Well*. 9th ed., McGraw-Hill , 2011.
- 2. Horvat, Michael, Kalakian, Leonard, Croce, Ron and Dahlstrom, Virginia *Developmental/Adapted Physical Education 1*. 1st ed., Benjamin Cummings, 2010.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. A. Students are required to wear appropriate clothing and footwear for activities. B. Students are required to have towel and water during class.