

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN AIE
ADAPTED INDIVIDUALIZED EXERCISE
Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN AIE — ADAPTED INDIVIDUALIZED EXERCISE — 1.00 - 2.00 units

This course is designed to have students with disabilities develop and use individualized exercise programs to meet their particular needs. Exercises will emphasize lifelong health, balance, flexibility, muscular strength and endurance, aerobic conditioning and coordination. Exercise principles and safety will be emphasized. Individual sports, such as bowling, self-defense, and track may be adapted for participation by the students.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Adaptive

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	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. Exhibit ability to use equipment and access areas safely for specific disability
- B. Define Warm-up and Cool down and the Fundamental Principles of Training
- C. Participate in a variety of activities in gym, track and sports to increase personal physical capabilities
- D. Identify appropriate sportsmanship and social etiquette in sports
- E. Express the difference in ability versus disability
- F. List the healthy nutritional choices for lifelong health
- G. Design a personal exercise program and assess one's progress

V. CONTENT:

- A. Orientation to layout of gym, equipment usage and safety, and areas of accessibility for those with disabilities
- B. Discuss the tenets of warm up and cool down
- C. Fundamental Principles of Training/Physical Fitness and Overload Principle
- D. Strength training using machines and free weights
 1. circuit training
 2. chair exercise
- E. Aerobic training
 1. treadmills, ellipticals, and bicycle
 2. aerobic movement
 3. obstacle course
 4. track
- F. Options and selection of appropriate sports
 1. sportsmanship and social etiquette in sports
 2. bowling
 3. self-defense
 4. track
- G. Abilities vs. disabilities
- H. Using nutrition and exercise for a healthier body
 - I. Personal exercise programs
 1. goal setting
 2. selection of activities
 3. apply overload principle
 4. range of motion
 5. training and recovery heart rate

6. adaptation for success

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Discussion** - of personal individual needs due to specific disabilities
- C. **Observation and Demonstration** -
- B. skill repetition

VII. TYPICAL ASSIGNMENTS:

- A. Demonstrate safe equipment usage and the ability to access areas to those with disabilities safely
- B. Discuss active warm-up and cool-down in an exercise activity plan
- C. Define the Fundamental Principles and the Overload Principle
- D. Formulate an individualized exercise activity plan and establish at least 3 goals that may be achieved by semester's end
- E. Based upon post-fitness assessments, evaluation of personal progress and plans for continuing a routine of regular physical exercise will be discussed with the instructor.

VIII. EVALUATION:

A. **Methods**

- 1. Quizzes
- 2. Oral Presentation
- 3. Projects
- 4. Class Participation
- 5. Class Performance

B. **Frequency**

- 1. Quizzes will administered throughout the semester on an as needed basis
- 2. Daily attendance and observation will be noted
- 3. Students will be evaluated within the first 2 weeks of class as to their exercise needs and preferences
- 4. Students are evaluated at least three times throughout the semester based upon their individual goals

IX. TYPICAL TEXTS:

- 1. Winnick, Joseph *Adapted Physical Education and Sport*. 5th ed., Human Kinetics, 2010.
- 2. Fahey, Thomas D, Paul M Insel, and Walter T. Roth *Fit and Well- Brief Edition*. 9th ed., McGraw-Hill, 2011.
- 3. Kasser, Susan, and Rebecca Lytle. *Inclusive Physical Activity*. 2nd ed., Human Kinetics, 2013.

X. OTHER MATERIALS REQUIRED OF STUDENTS: