

Las Positas College  
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**Course Outline for KIN APA**  
**ADAPTED PHYSICAL ACTIVITIES**  
**Effective: Fall 2014**

**I. CATALOG DESCRIPTION:**

KIN APA — ADAPTED PHYSICAL ACTIVITIES — 0.50 - 2.00 units

This class has been offered to disabled students to participate in a variety of team and dual activities. This class is part of the family of Adapted Kinesiology classes. Students attending this class must have a disability that prevents them from finding success in a regular physical activity class. Each student must provide the instructor with a current medical record and clearance from a doctor in order to participate in class. The class will include many physical activities which will be modified and adapted for participation of people with disabilities. Movement, flexibility and cardiovascular endurance will be used to achieve health and wellness.

0.50 - 2.00 Units Lab

**Grading Methods:**

Letter or P/NP

**Discipline:**

	<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:**

1. apply physical activity skills to support health and wellness
2. employ exercise physiology, nutrition, flexibility and strength components into an exercise program
3. demonstrate correct and safe use of equipment
4. define exercise principles needed for health and fitness
5. perform basic sports skills

**V. CONTENT:**

- A. strength training
  1. universal machines
  2. free weights
  3. circuit training
  4. chair exercise
- B. aerobic training
  1. treadmills
  2. ellipticals
  3. obstacle courses
  4. track
  5. bicycles
  6. aerobic movement
- C. knowledge of individual abilities based on physical limitations
- D. individual nutritional needs
- E. basic movements for common team and dual sports
  1. badminton
  2. basketball
  3. softball
  4. tennis
  5. soccer
  6. ultimate frisbee
- F. development of a personal exercise program based on goals
- G. exercise principles to meet personal goals
  1. overload
  2. range of motion
  3. training and recovery heart rate
  4. adaptation for success
- H. safety precautions when participating in physical activities

#### VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Classroom Activity** -
- C. **Demonstration** -
- D. **Individualized Instruction** - Students will learn about modifications that are available for many physical activities. They will learn from demonstrations and class activities. Lectures will be based upon the needs of the students in class

#### VII. TYPICAL ASSIGNMENTS:

- Students will be able to use the InstaHeart Monitor to evaluate their activity intensity level and understand how exercise affects their heart rate
- Students will be verbally quizzed on their knowledge of the muscles used in their exercise program
- Students will demonstrate how they would adapt a physical activity to find a level of lifelong health and fitness

#### VIII. EVALUATION:

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

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

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

Students will be assessed on their progress towards their individual goals every 4 weeks with different goals challenged at least 3 times during the semester

#### IX. TYPICAL TEXTS:

1. Fahey, Thomas D, Paul M Insel, and Walton T. Roth *Fit and Well-Brief Version*. 9th ed., McGraw-Hill, 2011.
2. Winnick, Joseph *Adapted Physical Education and Sport*. 5th ed., Human Kinetics, 2010.

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

- A. Students are required to wear appropriate clothing and footwear for activities. Students are required to have towel and water during class.
- B. Students will research modifications for activities that they are interested in pursuing through the use of the library, periodicals and adapted experts.