

Las Positas College
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Course Outline for KIN AWT

ADAPTED WEIGHT TRAINING

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN AWT — ADAPTED WEIGHT TRAINING — 1.00 - 2.00 units

This adapted kinesiology course is for those individual's with special needs as a result of a disability and/or limitation(s). It provides an opportunity to learn methods to improve muscular strength and endurance in a safe, supervised gym environment. Students will learn sound training principles and their application. A personalized exercise program will be designed to meet the individual needs and goals of each student. Student will be required to provide medical clearance to participate in this course.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Adaptive

	<u>MIN</u>	<u>MAX</u>
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:

- Exhibit safe equipment usage and appropriate gym etiquette
- Discuss the components of Physical Fitness related to lifelong wellness
- Perform skills using the principles of training
- List nutritional needs and importance of hydration
- actively participate in personalized exercise program and document performance

V. CONTENT:

- Instruction on layout of gym, safe equipment usage and proper gym etiquette
- Components of Physical Fitness to enhance and maintain lifelong wellness
 - muscular strength and endurance
 - cardiovascular endurance
 - flexibility
 - social and emotional wellness
- Principles of Training
 - sets, reps, weight
 - ROM/flexibility/stretching
 - progressive overload
 - rest/recovery
 - aerobic intensity assessment - target heart rate
- Nutritional Needs
 - pre and post exercise
 - dietary needs for personal goals
 - hydration versus dehydration
- Personalized Exercise Program
 - identify disability and limitation
 - compliance to physician's recommendations/limitations
 - establish achievable personal goals
 - target skeletal muscles that are functional and can perform skills correctly
 - observe technique and adapt skills to meet personal capabilities

VI. METHODS OF INSTRUCTION:

- Lecture** -
1. Individual, small group, and class activities to enhance student training and performance 2. applicable internet web sources 3. instructor handouts

- C. **Individualized Instruction** -
- D. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:

- A. Complete health history form, clearly communicating limitations, accommodations needed and desired goals
- B. Apply the "F.I.T.T." Principle to the cardiovascular endurance part of your workout
 - 1. Student would communicate the Frequency, Intensity, Time and Type of their cardiovascular workout to their instructor
 - 2. Identify and show correct core strengthening endurance exercises for one's disability
 - 3. Keep log of exercises, sets, repetitions, time, and weight used

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Class Performance
- 3. Other:
 - a. Student participation
 - 1. effort demonstrated
 - 2. informal assessment of student's knowledge level of related to exercises performed
 - 3. proper breathing
 - 4. perform skill correctly
 - b. Evaluate:
 - 1. Does student properly warm up and cool down?
 - 2. Does student follow his/her personalized program?
 - 3. Does student ask for assistance if/when needed?
 - 4. Does student keep training log correctly?

B. **Frequency**

- 1. Frequency
 - a. Daily evaluation of student's progress/participation by instructor
 - b. Student's self evaluation during semester as needed

IX. TYPICAL TEXTS:

- 1. Fahey, Thomas D, Paul M. Insel, and Walton T. Rosh (2011). *Fit and Well-Brief Verson* (9th ed.). NY, NY: McGraw Hill.
- 2. Winnick, Joseph (2010). *Adapted Physical Education and Sport* (5th ed.). : Human Kinetics.
- 3. Kasser, S., & Lytle, R. (2013). *Inclusive Physical Activity* (2nd ed.). Champagne, Illinois: Human Kinetics.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will provide their own clothing, foot apparel and towel for class participation.