

Las Positas College
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Course Outline for KIN AWT

ADAPTED WEIGHT TRAINING

Effective: Summer 2008

I. CATALOG DESCRIPTION:

KIN AWT — ADAPTED WEIGHT TRAINING — 0.50 - 2.00 units

An opportunity for students with disabilities to improve muscle strength and endurance through the correct application of sound training principles. This class is designed for students with limitations that are directly related to their verified physical or mental disability. Students must have a current clearance from their doctor to participate in this class. An individual exercise program will be developed by the instructor and student to meet the student's goals.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Design and participate in a safe and effective exercise program within one's limitations;
- B. Incorporate the components of fitness to maintain and improve fitness within one's limitations;
- C. Understand safe and effective strength training principles and exercise program design;
- D. Understand the benefits of exercise and strength training and their importance to a healthy lifestyle;
- E. Demonstrate correct and safe operation of various pieces of exercise equipment;
- F. Exhibit proper weight room etiquette;
- G. Perform proper and safe exercise technique within limitations of disability;
- H. Demonstrate knowledge of techniques to continually improve and maintain components of fitness over a lifetime.

V. CONTENT:

- A. The differences between adapted physical education and therapy
 - 1. This course provides physical education, not therapy
- B. Identifying disabilities, goals and limitations
- C. How to perform stretches and exercises as independently as possible
- D. The benefits of exercise
 - 1. Greater independence
 - 2. Increased movement
 - 3. Reduced pain and how it relates to a healthy lifestyle
- E. Benefits of Cardiovascular Endurance
- F. Benefits of Muscular Strength and Muscular Endurance
- G. Benefits of Flexibility and range of motion
- H. Benefits of circulation
 - 1. How body weight and body composition relate to the risk of disease
- J. Proper selection, use and safety procedures related to operating various pieces of exercise equipment
- K. Exercise program design to develop flexibility, strength, endurance, and balance
 - 1. Strength training principles and how to apply them to one's disability
 - 2. Cardiovascular training principles and how to apply them to one's disability
 - 3. Flexibility training principles and how to apply them to one's disability
 - 4. Balance training principles and how to apply them to one's disability
- L. Proper weight room etiquette and exercise technique to insure safety and comfort level of all participants
- M. Discussion of other healthy lifestyle behaviors including smoking cessation, proper nutrition, stress management and adequate rest as appropriate
- N. Exercise program design progression for a lifetime
- O. Daily participation in an individualized fitness program to improve fitness and strength
- P. Record keeping to insure adequate training levels and improvement
- Q. Individual limitations due to medications and disability in order to achieve maximum fitness potential

VI. METHODS OF INSTRUCTION:

- A. Lecture and verbal explanation
- B. Physical demonstration
- C. Participation and practice of strength training exercises
- D. Audio visual, internet, and/or handouts may be used
- E. Individual, small group, and class activities to enhance student training and performance

VII. TYPICAL ASSIGNMENTS:

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

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Class Performance
- 3. Other:
 - a. Methods
 - 1. Student participation
 - a. Effort demonstrated
 - b. Participation is evaluated daily
 - 2. In formal assessment of student's knowledge level related to exercises performed
 - a. Does student properly warm up and cool down independently?
 - b. Does student follow his/her program design?
 - c. Does student log exercises performed?
 - d. Does student ask for clarification or assistance when needed?
 - 3. Performance of proper technique
 - a. Proper breathing
 - b. Proper pace of lifting and lowering weight

B. **Frequency**

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

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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