

Las Positas College  
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**Course Outline for KIN AIE**  
**ADAPTED INDIVIDUALIZED EXERCISE**  
**Effective: Fall 2014**

**I. CATALOG DESCRIPTION:**

KIN AIE — ADAPTED INDIVIDUALIZED EXERCISE — 0.50 - 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.

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. practice a variety of exercises and methods to increase student's physical capabilities
2. calculate fitness levels in multiple activities
3. define fundamental training principles for improving fitness
4. identify social etiquette in sports activities
5. operate in a safe manner in all activities

**V. CONTENT:**

- A. strength training using machines and free weights
  1. circuit training
  2. chair exercise
- B. Aerobic training
  1. treadmills, ellipticals, obstacles course, track, bicycle, aerobic movement
- C. selecting appropriate sports
  1. bowling
  2. self-defense
  3. track
- D. Abilities vs. disabilities
- E. Using nutrition and exercise for a healthier body
- F. Options in individual sports
- G. 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
- I. safety methods and physical activities

VI. METHODS OF INSTRUCTION:

- A. **Individualized Instruction** - Lecture, demonstration of activity, discussion of personal needs, skill repetition

VII. TYPICAL ASSIGNMENTS:

- Attend lecture at outset of class covering exercise equipment, areas accessible to those with disabilities and safety
- Participate in and discuss the need for both an active warm-up and cool-down in an exercise activity plan
- Formulate an individualized exercise activity plan and establish at least 3 goals that may be achieved by semester's end
- Based upon your post-fitness assessments, evaluate with the instructor your progress towards your goals and plans for continuing a routine of regular physical exercise

VIII. EVALUATION:

A. **Methods**

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

B. **Frequency**

- Students are evaluated within the first 2 weeks of class as to their exercise needs and preferences
- Students are evaluated at least three times throughout the semester based upon their individual goals

IX. TYPICAL TEXTS:

1. Fahey, Thomas D, Paul M Insel, and Walter T. Roth *Fit and Well- Brief Edition*. 9th ed., McGraw-Hill, 2011.
2. Winnick, Joseph *Adapted Physical Education and Sport*. 5th ed., Human Kinetics, 2010.
3. none

X. OTHER MATERIALS REQUIRED OF STUDENTS: