

Las Positas College  
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**Course Outline for KIN AAE  
ADAPTED AEROBIC EXERCISE**

**Effective: Spring 2019**

**I. CATALOG DESCRIPTION:**

KIN AAE — ADAPTED AEROBIC EXERCISE — 0.50 - 2.00 units

This course is for people with disabilities to develop different aerobic exercises to improve cardiovascular strength and endurance. Students will experience cardiovascular training in the context of their individual's physical, intellectual and/or affective abilities and limitations. Students will experience aerobic exercises such as biking, chair aerobic exercise, walking, jogging, Step, treadmill and elliptical. Students will review and apply basic exercise physiology and fitness concepts in the context of their own abilities and limitations to develop and/or maintain their cardiovascular fitness levels.

0.50 - 2.00 Units Lab

**Grading Methods:**

Letter or P/NP

**Discipline:**

- Physical Education (Adapted): Disabled Students Programs and Ser

**Family:** Kinesiology Adaptive

	<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:**

- A. Examine and practice the concepts and techniques of continuous cardiovascular training.
- B. Describe the significance of maximum oxygen consumption and how it relates to one's level of cardiorespiratory endurance
- C. Examine the difference between anaerobic and aerobic exercise
- D. Construct and maintain a Personal Exercise Program
- E. Discuss the methods to achieve cardiorespirator fitness which may incorporate appropriate cultural, disability, and/or gender issues

**V. CONTENT:**

- A. Concepts and techniques of continuous cardiovascular training.
  1. long distance training
  2. interval training
  3. cross training
- B. Oxygen consumption and how it relates to one's level of cardiorespiratory endurance.
  1. intensity
  2. duration
  3. frequency
  4. heart rate (target)
  5. risk factors
- C. Aerobic and anaerobic training
- D. Personal exercise program
  1. Cardiovascular tests
  2. Specific contraindications from literature regarding disability.
  3. Benefits of fitness development in context of physical disabilities
  4. Pre-testing baselines
  5. Post-testing for ending results and analysis
  6. Utilize any specific and reasonable accommodations

**VI. METHODS OF INSTRUCTION:**

- A. **Individualized Instruction** -
- B. **Lecture** - Student will learn about modifications that are available for use in aerobic exercises. Lectures will be based upon the needs of the student in class.
- C. **Demonstration** -
- D. **Classroom Activity** -

## VII. TYPICAL ASSIGNMENTS:

- A. Students will be able to use the InstaHeart Monitor to evaluate their activities intensity level and understand how exercise affects their heart rate.
- B. Students will demonstrate how they would adapt a physical activity to find a level of lifelong health and fitness.
- C. Students will be verbally quizzed on their knowledge of what their heart rate shows them about their health and fitness
- D. Students will be verbally quizzed on the benefits and outcomes of aerobic and anaerobic exercise
- E. Students will interview their doctor about the medications they are taking and have written a list of these medications with their affect on their personal fitness and health
- F. Students will develop, maintain and analyze a dietary log to understand the affect of diet on health and fitness

## VIII. EVALUATION:

### **Methods/Frequency**

- A. Exams/Tests  
1-3 times per semester
- B. Quizzes  
1-3 times per semester
- C. Class Participation  
Daily
- D. Class Work  
Daily

## IX. TYPICAL TEXTS:

- 1. Winnick, Joseph, David Porretta, Susan Kasser, and Rebecca Lytle. *Adapted Physical Education Custom eBook: Texas A&M University-Commerce*. 1 ed., Human Kinetics, 2017.
- 2. Horvat, Michael, and Luke Kelly. *Developmental and Adapted Physical Activity Assessment 2nd Edition With Web Resource*. 2nd ed., Human Kinetics, 2018.

## X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. A. Students are required to wear appropriate clothing and footwear for activities. B. Students are required to have towel and water during class.