

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN AWT

ADAPTED WEIGHT TRAINING

Effective: Fall 2013

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. Students will be learning the importance of weight lifting and exercise to maintain a healthy lifestyle. This class is designed for students with limitations and disabilities who would not be able to find success in other activities. 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:

Letter or P/NP

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	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. Construct and maintain a Personal Exercise Program within one's abilities and constraints.
- B. Compile basic exercise physiology, nutrition, flexibility and strength components into a healthy lifestyle
- C. Demonstrate safe and effective strength training principles and weight room etiquette
- D. Demonstrate correct and safe operation of various pieces of exercise equipment;
- E. Demonstrate knowledge of techniques to continually improve and maintain components of fitness over a lifetime.

V. CONTENT:

- A. individual exercise program
 1. classify disability
 2. organize personal goals
 3. work within doctor's stated abilities and limitations
- B. nutrition and exercise
 1. pre and post exercise nutritional needs
 2. eating habits to meet personal goals
 3. importance of hydration for optimal exercise benefits
- C. muscle groups used in each exercise
 1. exercises to use for all operable muscles for a healthy body
- D. flexibility of joints and range of motion
- E. principles of exercise
 1. overload
 2. range of motion
 3. sets and repetitions
 4. resting, training and recovery heart rate
 5. stretch
- F. proper weight room etiquette
 1. wipe down equipment after use and return weights on equipment to lightest place
 2. patience while waiting for an exercise station
 3. complete exercises in a timely manner and move to another station
 4. be aware of personal space
- G. correct method of doing exercises in personal program
 1. adapt exercises for personal benefit
- H. components of fitness to support wellness
 1. muscular strength
 2. muscular endurance
 3. cardiovascular endurance
 4. flexibility

- 5. social and emotional wellness
- 6. nutrition

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 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. Methods
 - 1. Student participation
 - a. Effort demonstrated
 - b. In formal assessment of student's knowledge level related to exercises performed
 - 2.
 - 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:

- 1. Fahey, Thomas D, Paul M. Insel, and Walton T. Rosh *Fit and Well-Brief Version*. 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:

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