## **APE 710 Course Outline as of Fall 2018**

# **CATALOG INFORMATION**

Dept and Nbr: APE 710 Title: ADAPTED PE LAB Full Title: Adapted Physical Education Lab Last Reviewed: 1/9/2024

Units		Course Hours per Week	x N	lbr of Weeks	<b>Course Hours Total</b>	
Maximum	0	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	0	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 52.50

Title 5 Category:	Non-Credit
Grading:	Non-Credit Course
Repeatability:	27 - Exempt From Repeat Provisions
Also Listed As:	
Formerly:	LPE 710

### **Catalog Description:**

This lab course is designed for students with physical disabilities. Students will work towards achieving functional fitness goals and should be able to use the equipment in the Adapted PE classroom with limited direct instruction. Students' exercise programs will address: strength, balance, coordination, endurance and flexibility with an emphasis on independence and developing lifelong fitness skills.

**Prerequisites/Corequisites:** 

**Recommended Preparation:** 

### **Limits on Enrollment:**

### **Schedule of Classes Information:**

Description: This lab course is designed for students with physical disabilities. Students will work towards achieving functional fitness goals and should be able to use the equipment in the Adapted PE classroom with limited direct instruction. Students' exercise programs will address: strength, balance, coordination, endurance and flexibility with an emphasis on independence and

developing lifelong fitness skills. (Non-Credit Course) Prerequisites/Corequisites: Recommended: Limits on Enrollment: Transfer Credit: Repeatability: Exempt From Repeat Provisions

# **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

AS Degree: CSU GE:	Area Transfer Area	Effective: Effective:	Inactive: Inactive:
<b>IGETC:</b>	Transfer Area	Effective:	Inactive:
CSU Transfer	: Effective:	Inactive:	
UC Transfer:	Effective:	Inactive:	

## CID:

## **Certificate/Major Applicable:**

Not Certificate/Major Applicable

# **COURSE CONTENT**

## **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

- 1. Develop achievable functional fitness goals.
- 2. Set up, or direct someone to set up, exercise equipment appropriate for disability and individual fitness goals.
- 3. Communicate benefits of implementing lifelong fitness program.

# **Objectives:**

- 1. Identify parameters of individual disability in order to create functional fitness goals
- 2. Develop and implement an exercise program appropriate for disability
- 3. Demonstrate proper body mechanics and posture while performing exercises
- 4. Provide clear directions when assistance is needed to perform exercises
- 5. Demonstrate progress towards individual fitness goals
- 6. Repeating students will demonstrate increased depth and breadth of related skills with new learning objectives

# **Topics and Scope:**

- I. Disability Awareness
  - A. Individual strengths
  - B. Functional limitations
  - C. Communicating individual needs
- II. Individual Exercise Program
  - A. Indications/contraindications
  - B. Goal setting
  - C. Intensity and progression

D. Tracking progress

**III.** Functional Fitness

- A. Sitting
- B. Balance
- C. Sit-to-stand
- D. Transfers
- E. Standing
- F. Walking
- G. Stairs
- H. Posture/alignment
- I. Lifting
- J. Range of motion

IV. Components of Fitness

- A. Muscular strength
- B. Muscular endurance
- C. Cardiovascular endurance
- D. Flexibility
- E. Body composition

Repeating students will demonstrate increased depth and breadth of related skills with new learning objectives.

## Assignment:

- 1. Class participation
- 2. Fitness goals (1 page each, 2 4 goals per semester)
- 3. Home fitness program
- 4. Fitness journal (10 20 entries per semester)

# Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Fitness journal and fitness goals

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Home fitness plan

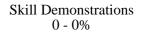
**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

**Exams:** All forms of formal testing, other than skill performance exams.

10 - 20%
Problem solving 10 - 20%

Writing



**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation in class activites

# **Representative Textbooks and Materials:** Instructor prepared materials

Exams			
0 -	0%		

Other Category 70 - 80%