

APE 709 Course Outline as of Spring 2022**CATALOG INFORMATION**

Dept and Nbr: APE 709 Title: ADAPTED BODY COND

Full Title: Adapted Body Conditioning

Last Reviewed: 11/26/2018

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
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 709

Catalog Description:

This course is designed for students with disabilities. Personalized exercise programs are created that focus on strength training, cardiovascular endurance, and flexibility training. Programs will address the limitations of individual disability. Emphasis is on encouraging independence through the teaching of lifelong fitness skills.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: This course is designed for students with disabilities. Personalized exercise programs are created that focus on strength training, cardiovascular endurance, and flexibility training. Programs will address the limitations of individual disability. Emphasis is on encouraging independence through the teaching of 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:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	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. Demonstrate personal safety using exercise equipment.
2. Set up and utilize exercise equipment addressing limitations of individual disability and fitness goals.
3. Communicate benefits of implementing a lifelong fitness program.

Objectives:

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

1. Identify the limitations of individual disability in relationship to personal fitness goals.
2. Communicate needs for personal safety in fitness environments.
3. Develop and implement a weight training program appropriate individual limitations of disability.
4. Identify major muscles and the appropriate equipment used for exercising each major muscle group.
5. Demonstrate proper technique for each piece of equipment utilized in the individualized weight training program.
6. Identify the fitness components and their benefits.
7. Evaluate personal progress.

Topics and Scope:

- I. Disability Awareness
 - A. Individual strengths
 - B. Individual limitations of disability
- II. Individual Exercise Program
 - A. Indications and contraindications

- B. Goal setting
- C. Intensity and progression
- D. Review program
- E. Track progress

III. Identifying Muscles

- A. Names
- B. Actions
- C. Matching with appropriate equipment

IV. Technique

- A. Machine setup
- B. Safety
- C. Alignment
- D. Form

V. Benefits of Fitness Components

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

Assignment:

1. Develop and implement a weight training program addressing individual limitations of disability
2. Quizzes on major muscle groups (approximately 3 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.

None

Writing
0 - 0%

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

None

Problem solving
0 - 0%

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

Weight training program, quizzes

Skill Demonstrations
30 - 30%

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

None

Exams
0 - 0%

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

Attendance and participation

Other Category
70 - 70%

Representative Textbooks and Materials:

Fundamental Weight Training. Sandler, David. Human Kinetics. 2010 (classic)
Instructor prepared materials