

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		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 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:**

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

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

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
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Writing 10 - 20%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Home fitness plan
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Problem solving 10 - 20%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None
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Skill Demonstrations 0 - 0%
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**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 in class activites

Other Category  
70 - 80%

**Representative Textbooks and Materials:**

Instructor prepared materials