

Course Outline of Record

1. Course Code: KINE-065
2.
  - a. Long Course Title: Adapted Physical Activity
  - b. Short Course Title: ADAPTED PHYS ACTIVITY
3.
  - a. Catalog Course Description:  
 This course for students with disabilities emphasizes the development of an individualized weight training and fitness program. Mobility assistants are provided.
  - b. Class Schedule Course Description:  
 Weight training class for students with disabilities.
  - c. Semester Cycle (if applicable): Every semester
  - d. Name of Approved Program(s):  
 • RECREATION
4. Total Units: 1.00      Total Semester Hrs: 36.00  
 Lecture Units: 0.5      Semester Lecture Hrs: 9.00  
 Lab Units: 0.5      Semester Lab Hrs: 27.00  
 Class Size Maximum: 40      Allow Audit: No  
 Repeatability No Repeats Allowed  
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:  
*Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)*  
 Advisory: Designed for students with disabilities.
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) *N/A*
7. Entrance Skills: *Before entering the course students must be able:*  
a. be eligible to take college credit courses.
8. Course Content and Scope:

Lecture:

1. Exercise Readiness Assessment
  1. Medical history and evaluation.
  2. Insights into your disability.
  3. Age related concerns.
  4. Equipment.
  5. Assessing your starting point.
2. Strength Training
  1. Your body's response.
  2. Muscle soreness and overwork weakness.
  3. Basic training principles and considerations.
  4. Special considerations and concerns.
  5. Choosing the appropriate exercises.
  6. Maintaining an exercise log.
3. Aerobic Training
  1. Your body's response.
  2. Modes of aerobic training.
  3. Monitoring your exercise intensity.
  4. Aerobic exercise program design.
  5. Rate of progression.
4. Flexibility Training
  - A. identify exercises to improve flexibility and performance

B. Learn variety of flexibility exercises and creative program design

Lab: (if the "Lab Hours" is greater than zero this is required)

a. Exercise Readiness Assessment b. Strength Training c. Aerobic Training

9. Course Student Learning Outcomes:

1. Develop appropriate weight training/fitness program which reflects an understanding of student's individual capabilities and needs.
2. Demonstrate improvements in levels of performance in strength, flexibility, endurance, balance, and coordination.
3. Cite the long-term effects/benefits of a weight training/fitness program on the quality of their life.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Develop an individualized weight training and fitness program.
- b. Demonstrate the ability to follow workout programs and chart progress.
- c. Demonstrate improvement in strength, flexibility, endurance, balance, and coordination.
- d. Develop an appreciation for the game that will enhance their enjoyment as a player and spectator.
- e. Demonstrate the ability to assist one another.
- f. Give example of strength exercises for muscular endurance.
- g. Identify exercises and creative program design to enhance cardiorespiratory endurance.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Collaborative/Team
- c. Demonstration, Repetition/Practice
- d. Discussion
- e. Individualized Study
- f. Lecture
- g. Observation
- h. Participation

Other Methods:

a. Guest speakers. b. Student reports. c. Audio/visual presentations.

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

a. In-class Assignments

a. View videos on disability sports, fitness, and conditioning.  
b. Develop fitness program.  
c. Chart progress.

b. Out-of-class Assignments

a. Reading assignments with written reports.  
b. View videos on disability sports, fitness, and conditioning.  
c. Develop fitness program.  
d. Chart progress.

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework
- Critiques

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- Portfolios
- Self-paced testing
- Laboratory projects
- Group activity participation/observation
- Student preparation

14. Methods of Evaluating: Additional Assessment Information:

a. Essay b. Non-Computational Problem-Solving c. Skill Demonstration d. Multiple Choice Exams e. Attendance and Participation

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

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18. Materials Fees:  Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

periodic review and update

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*

b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

a. Course Control Number [CB00]: CCC000294441

b. T.O.P. Code [CB03]: 83580.00 - Adapted Physical Educatio

c. Credit Status [CB04]: D - Credit - Degree Applicable

d. Course Transfer Status [CB05]: A = Transfer to UC, CSU

e. Basic Skills Status [CB08]: 2N = Not basic skills course

f. Vocational Status [CB09]: Not Occupational

g. Course Classification [CB11]: Y - Credit Course

h. Special Class Status [CB13]: S - Approved for Disability

i. Course CAN Code [CB14]: *N/A*

j. Course Prior to College Level [CB21]: Y = Not Applicable

k. Course Noncredit Category [CB22]: Y - Not Applicable

l. Funding Agency Category [CB23]: Y = Not Applicable

m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): RECREATION

*Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)*

23. Enrollment - Estimate Enrollment

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First Year: 0

Third Year: 0

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 10/09/14