

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 001 – ADAPTED PHYSICAL EXERCISE

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

Assessment of physical performance status and postural evaluation. Individually prescribed exercise programs for the physically disabled. Recreational games and individual sports adapted to students' capabilities.

Prerequisite

None

Course Content

The limitations and varied physical abilities of students require the construction of individual exercise programs. Activities included in each program depend upon the specific disability, the degree of disability, and the parts of the body involved.

- 1) Group exercise (warm-up phase)
- 2) Developmental and postural exercise
- 3) Relaxation exercise

Course Objectives

Students will be able to:

- 1) Use medical diagnoses to appraise assets and limitations in the development of individually prescribed exercise programs.
- 2) Demonstrate proficiency in a variety of recreational games, exercises and rhythmic activities suited to individual needs and limitations.
- 3) Use baseline measurements to assess and improve physical fitness and postural habits.
- 4) Describe and demonstrate methods of relaxation appropriate for use on a daily basis for general well-being.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to appraise, identify, explain, describe and/or provide examples of exercises and other activities that are appropriate for their physical conditions and limitations.
- 2) Objective skills testing which measures students' proficiency and improvement in performing appropriate exercises and activities given their physical limitations.
- 3) Objective physical fitness testing including blood pressure, resting heart rate, flexibility, posture and strength as appropriate given the students' physical limitations.

Special Materials Required of Student

Gym clothes, tennis shoes, socks

Minimum Instructional Facilities

Apparatus room or special adapted physical education room, individual mats (72" x 28") with slip covers, mirror (3-way, folding), stall bars (3 sections to a set), stall bar benches, wall pulley, record player, measuring tape (steel), ropes (skipping), balls (gymnastic, medicine, etc.), rulers, stop watch

Method of Instruction

- 1) Individual interview
- 2) Fitness test
- 3) Lecture and demonstration
- 4) Individual exercise cards
- 5) Small group activities
- 6) Whole class participation

Out-of-Class Assignments

- 1) Assigned reading
- 2) Multimedia
- 3) Goals paper
- 4) Article review

Texts and References

- 1) Required (representative example): Provided by instructor
- 2) Supplemental: None

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Identify specific muscles of the body, including core, upper, and lower limbs.
- 2) Demonstrate skills appropriate for participation in fitness-enhancing activity.