

SPED C033N: ADAPTED SEATED FITNESS

| Item | Value |
|------------------------------------|-------------------------------------|
| Curriculum Committee Approval Date | 04/09/2010 |
| Top Code | 083580 - Adapted Physical Education |
| Units | 0 Total Units |
| Hours | 8-64 Total Hours (Lab Hours 8-64) |
| Total Outside of Class Hours | 0 |
| Course Credit Status | Noncredit (N) |
| Material Fee | No |
| Basic Skills | Not Basic Skills (N) |
| Repeatable | Yes; Repeat Limit 99 |
| Open Entry/Open Exit | No |
| Grading Policy | P/NP/SP Non-Credit (D) |

Course Description

Group exercise course designed to meet the needs of a student with a physical disability who is severely limited in their ability to perform fitness activities while standing. Activities are designed to promote improved levels of function in all areas of fitness are included: muscle strength/endurance, cardio-respiratory/cardiovascular functions, respiratory volumes, general flexibility & range of motion. Progressions to improve body management techniques, mobility/agility, and ambulation/locomotion when appropriate are included. COREQUISITE: Limitations may be temporary or permanent; Student's personal physician's signature required on Coastline Special Programs and Services Verification of Disability form. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Maintain or improve cardio-respiratory and cardiovascular conditioning.
2. Maintain or improve muscular strength, endurance, respiratory volumes, range of motion of functional musculature.
3. Maintain or improve body management skills, general mobility, ambulation skills.

Course Objectives

- 1. Learn seated adapted activities pursuant to goal achievement in all areas of fitness.
- 2. Learn the value fitness contributes toward improved health and improved/maintained levels of functional abilities.
- 3. Student will benefit from improved overall health, physical conditioning, and social interaction by establishing exercise as part of their regular weekly routine.

trunk, upper lower extremities Adapted seated activities to improve flexibility/range of motion in the trunk, upper lower extremities Adapted seated activities to increase respiratory volumes, cardio-respiratory/cardiovascular functions Body management assessments and goal identification/setting Activities to improve static dynamic posture balance while seated, standing, and walking, when appropriate Adapted activities designed to improve navigation of special circumstances or obstacles to safe short distance ambulation Adapted activities designed to improve standing, walking endurance Concurrent Assessment/Re-assessment Promoting Continuation of Positive Change in Fitness Parameters Identified in Goal Setting Seated protocols to assess all fitness parameters Modifications to activity protocols to advance progress toward goal achievement Comparison of initial fitness goals with summative assessments

Method(s) of Instruction

- Regular NC Lab (NC4)
- Live Online Reg NC Lab (NCC)

Instructional Techniques

Discussion of important concepts Demonstration Evaluations Self-Evaluations In-class hands-on practice of strategies and techniques.

Reading Assignments

-

Writing Assignments

-

Out-of-class Assignments

-

Demonstration of Critical Thinking

-

Required Writing, Problem Solving, Skills Demonstration

Pre and Post Testing

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required. Special education: Minimum qualifications for these faculty members are specified in title 5, section 53414. Master's degree required. Title 5, section 53414

Other Resources

1. Coastline Library

Lecture Content

See Lab Content

Lab Content

Seated fitness assessments and goal identification/setting Adapted seated activities to improve muscular strength/endurance in the