

# SPED C036N: ADULT FITNESS

Item	Value
Top Code	493030 - Learning Skills, Handicapped
Units	0 Total Units
Hours	16-108 Total Hours (Lab Hours 16-108)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Basic Skills (B)
Repeatable	Yes; Repeat Limit 99
Open Entry/Open Exit	No
Grading Policy	P/NP/SP Non-Credit (D)

## Course Description

A fitness class designed for students with developmental delays. This course is designed to utilize calisthenics, jogging, exercise, race walking, and weight training to increase muscular strength and endurance, to improve posture and mobility, and to increase breath control. Exercises are tailored to the abilities of the students. Students enrolled in the course receive an individualized educational contract where course objectives are evaluated according to whether or not the objectives/student outcomes are targeted, satisfied, not satisfied, deferred, or not applicable. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

## Course Level Student Learning Outcome(s)

1. Demonstrate the ability to increase muscular strength, endurance, flexibility, improved posture, balance, mobility and breath control through a variety of calisthenics, jogging, exercise, race walking, weight training and relaxation techniques.

## Course Objectives

- 1. Show improved aerobic capacity.
- 2. Demonstrate enhanced aerobic tolerance.
- 3. Show improved flexibility.
- 4. Show improved static and dynamic balance and posture control.
- 5. Perform movement with improved muscular strength and endurance.
- 6. Record an improved lean body mass/body fat ratio.
- 7. Perform fitness activities with increased coordination and physical mobility.
- 8. Exhibit improved relaxation of body part.
- 9. Demonstrate improved body awareness.
- 10. Demonstrate improved ability to move with confidence and poise.
- 11. Demonstrate improved ability to maintain a continuous rhythmic breathing pattern during class activities.
- 12. Imitate purposeful movement with a marked improvement as compared to baseline assessment prior to participation in class.
- 13. Imitate body movement with increased skill as compared to baseline assessment prior to participation in class.
- 14. Present and maintain cooperative behavior during class activities and instruction.

## Lecture Content

See Lab Content

## Lab Content

Conditioning Stretching Warm-up Aerobic activities Calisthenics Walk-jog-run/progressive wheelchair ambulation Roller-skating Jump rope or other sustained activity similar in nature Bicycling or upper or lower extremity ergometry Stair climbing Speedbag Anaerobic tolerance activities placing immediate demands on large muscles for brief periods of time of three minutes or less Windsprints Relay races and fitness games Interval weight training Circuit training with wide variety of fitness activities Flexibility and balance Stretching Gross motor movement requiring full range of motion of joints and body parts Par course activities Canadian fit kit Muscular strength and endurance activities that utilize the training principles of overload, circuit, progressive resistance, flushing, isolation and supersetting Weight training Free weights Weight machines Mat exercises Par course High torque ergometer exercise Stair climbing Resistive wheelchair ambulation Resistive walk-jog-run Relaxation of body parts using progressive relaxation techniques Relaxation techniques for stress reduction Relaxation techniques for cooperative behavior

## Method(s) of Instruction

- Regular NC Lab (NC4)

## Reading Assignments

-

## Writing Assignments

-

## Out-of-class Assignments

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## Demonstration of Critical Thinking

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## Required Writing, Problem Solving, Skills Demonstration

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## Eligible Disciplines

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