

KIN 150: ADAPTED PHYSICAL EDUCATION

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	1
Total Contact Hours:	54
Lab Hours:	54
Hours Arranged:	0
Total Student Learning Hours:	54
Prerequisite:	Physician's written diagnosis of physical disability and exercise limitations.
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Designed for the student with a disability who is unable to safely participate in a non-Adapted Physical Education class. A medical doctor's written prescription of exercise limitations is required. 54 lab hours.

Course Objectives

- improve endurance, strength and flexibility within the limits of their disability
- independently analyze the effect of their disability on physical fitness
- formulate and assess solutions to physical limitations which will enable them to become as physically functional as possible
- develop awareness of diverse cultures and different disabilities.

Major Course Content

All lab content.

Lab Content

1. Orientation
 - a. Safety
 - b. Proper Lifting Techniques
 - c. Proper Stretching Procedures
2. Endurance Activities
 - a. Stationary Bicycles
 - b. Treadmills
 - c. Elliptical Trainers
 - d. Arm Ergometers
3. Strengthening Activities
 - a. Hand Weights
 - b. Wall Pulleys
 - c. Weight Machines
 - d. Resistance Bands
4. Flexibility Activities

- a. Flexaciser
 - b. Chord Machine
 - c. Passive Range of Motion Exercises
 - d. Active Range of Motion Exercises
5. Balance and Coordination
 - a. Catching and Throwing Balls
 - b. Balance Board
 6. Recreational Activities- Group Activities
 - a. Volleyball
 - b. Badminton
 - c. Bocce ball
 7. Special Olympics
 - a. Participants
 - b. Spectators
 - c. Aides
 8. Risk Factors
 - a. Hypertension
 - b. Obesity
 - c. Smoking
 - d. Hypercholesterolemia
 - e. Stress management
 - f. Diabetes
 9. Training intensity
 - a. Training heart rate
 - b. Rate of Perceived Exertion
 - c. Talk test
 10. Nutrition considerations
 - a. Hypertension
 - b. Diabetes
 - c. Heart Disease
 - d. Obesity
 11. Exercise injuries
 - a. Heat injuries
 - b. Muscle strains
 - c. Ligament sprains
 - d. Inflammations
 - e. Contusions

Suggested Reading Other Than Required Textbook

Instructor Handouts

Examples of Required Writing Assignments

Students will develop a minimum of 3 personal fitness goals that relate to their initial fitness assessment.

Examples of Outside Assignments

Practice personal exercises at home as learned in class.

Read recommended handout materials that relate to their personal disability (exercises, management, etc.)

Observe and evaluate activities related to course content (i.e. Special Olympics, abilities expo, etc.).

Participate in and report to instructor on activities related to course content (i.e. Special Olympics, abilities expo, etc.).

Instruction Type(s)

Lab, Online Education Lab