



COURSE OUTLINE : KIN 158
D Credit – Degree Applicable
COURSE ID 010402
Cyclical Review: APRIL 2021

PROPOSAL

COURSE DISCIPLINE : KIN
COURSE NUMBER : 158
COURSE TITLE (FULL) : Fitness Training for Special Populations
COURSE TITLE (SHORT) : Fitness Training for Special Populations
ACADEMIC SENATE DISCIPLINE: Kinesiology

CATALOG DESCRIPTION

KIN 158 provides instruction and practical application of personal and group fitness training techniques for special populations including; older adults, persons with disabilities, persons with musculoskeletal disorders, and persons with chronic diseases. Evidence-based protocols, adaptations of activities, contraindications, and effective fitness programming will be emphasized. Psychosocial issues related to aging, disease and disability will also be addressed, as well as effective methods for communication, demonstration, and creating an accessible environment. This course is recommended for students interested in pursuing careers in physical education, kinesiology, fitness training, physical therapy, occupational therapy or gerontology.

Total Lecture Units:3.00

Total Laboratory Units: 1.00

Total Course Units: 4.00

Total Lecture Hours:54.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 54.00

Total Contact Hours: 162.00

Total Out-of-Class Hours: 108.00

Recommended Preparation: KIN 167 and KIN 151 or KIN 156 or KIN 157, HLTH 102 or equivalent, ENGL 100 or ESL 151.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	KIN	167	Weight Training and Conditioning I	explain the significance of body awareness related to proper body mechanics;	Yes
2	KIN	167	Weight Training and Conditioning I	explain how core strength, posture and proper form promotes health and prevents injuries;	Yes
3	KIN	167	Weight Training and Conditioning I	demonstrate proper lifting technique for basic resistance, cardiorespiratory, flexibility and balance training exercises;	Yes
4	KIN	167	Weight Training and Conditioning I	identify appropriate resistance exercises to train major muscle groups;	Yes
5	KIN	167	Weight Training and Conditioning I	identify errors of posture during activities of life and workplace body mechanics;	Yes
6	KIN	167	Weight Training and Conditioning I	describe the principles of fitness;	Yes
7	KIN	167	Weight Training and Conditioning I	identify appropriate exercises for enhancement of core stability.	Yes
8	KIN	156	Foundations For Personal Fitness Training	demonstrate a basic understanding of scientific principles used for personal training;	Yes
9	KIN	156	Foundations For Personal Fitness Training	adapt exercise programs for special populations.	Yes
10				identify the emergency action principles	Yes
11	ENGL	100	Writing Workshop	read, analyze, and evaluate contemporary articles and stories for the comprehension of difficult content and the identification of main ideas and (topic-based) evidence;	Yes
12	ENGL	100	Writing Workshop	write a summary of a contemporary article or story with correct citation techniques;	Yes
13	ENGL	100	Writing Workshop	write compositions (e.g., summaries and argumentative essays) that are easy to read and follow, though some errors in grammar, mechanics, spelling, or diction may exist;	Yes
14	ESL	151	Reading and Composition V	compose a 500 to 550-word essay which: summarizes and cites appropriately a reading passage; includes a clear thesis statement; uses evidence to support the thesis; shows clear organization into an introduction, body, and conclusion;	Yes



EXIT STANDARDS

- 1 Recognize terminology of common disabilities and conditions;
- 2 identify and explain contraindications to exercise for special populations;
- 3 apply principles of fitness and best practices to design a fitness program for an individual with a disability or chronic condition;
- 4 demonstrate best practices when working with special populations in an exercise setting to promote safety and improve fitness measures;
- 5 recognize psychosocial considerations and utilize best practices in working with individuals with disabilities.

STUDENT LEARNING OUTCOMES

- 1 Identify and explain terminology, conditions present and considerations for fitness training in special populations.
- 2 Apply principles of fitness and best practices to work with special population clientele in an exercise setting.
- 3 Utilize universal risk management strategies.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Introduction <ul style="list-style-type: none"> • Review of principles of fitness • Review of nervous, musculoskeletal, cardiovascular and pulmonary anatomy/physiology • Review of scope of practice of a fitness professional • Liability issues and professionalism • Continued education and certifications 	9	0	9
2	Older Adults <ul style="list-style-type: none"> • Population growth • Natural process of aging • Overview of common conditions and risk factors • Functional fitness testing • Contraindications • Application of fitness principles • Balance training/fall prevention strategies • Psychosocial considerations • Nutritional Considerations • Considerations for common medications and exercise • Resources 	9	0	9



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3	<p>Children and Youth</p> <ul style="list-style-type: none"> • Motor development spectrum • Application of fitness testing • Application of fitness principles • Contraindications • Psychosocial considerations • Nutritional considerations • Resources 	3	0	3
4	<p>Chronic Diseases</p> <ul style="list-style-type: none"> • Overview • Cardiovascular diseases • Metabolic disorders • Cancers • Respiratory diseases • Genetics • Application of fitness testing • Application of fitness principles • Contraindications • Psychosocial considerations • Nutritional considerations • Considerations for common medications and exercise • Resources 	18	0	18
5	<p>Neuromuscular Disorders</p> <ul style="list-style-type: none"> • Overview • Application of fitness testing • Application of fitness principles • Contraindications • Psychosocial considerations • Nutritional considerations • Considerations for common medications and exercise • Resources 	9	0	9
6	<p>Sensory Disabilities</p> <ul style="list-style-type: none"> • Overview • Application of fitness testing • Application of fitness principles • Contraindications • Psychosocial considerations • Nutritional considerations • Resources 	3	0	3



7	Cognitive, Psychological and Behavioral Disabilities <ul style="list-style-type: none"> • Overview • Application of fitness testing • Application of fitness principles • Contraindications • Psychosocial considerations • Nutritional considerations • Resources 	3	0	3
8	Laboratory <ul style="list-style-type: none"> • Protocols • Privacy, respect and offering assistance • Focusing on the abilities of the client, not disabilities • Fitness assessments, goal setting and programming • Providing instruction and cuing exercises • Motivational strategies, promoting autonomy • Record keeping • Wheelchair transfers • Adapting exercises • Utilizing specialized equipment 	0	54	54
				108

OUT OF CLASS ASSIGNMENTS

- 1 written assignments (e.g. reflection on individual growth in working with a variety of clientele)
- 2 interviews (e.g. interview a coach with Special Olympics)
- 3 case studies (e.g. online research of resources for individuals with cerebral palsy)

METHODS OF EVALUATION

- 1 quizzes
- 2 midterm exams
- 3 lab practical
- 4 final exam

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio



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- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities	Supplemental	Human Kinetics	4		Geoffrey Moore, J. Larry Durstine and Patricia Painter	9781450434140	2016
Instructor-generated reading materials	Required						

