

COURSE OUTLINE

Physical Education 130 Adapted Activities

Catalog Statement

PE 130 is a diversified program of developmental activities for students with disabilities which prevent their participation in a regular physical education program. The emphasis is on the student's remaining abilities, not their disabilities.

Total Lecture Units: 0.0

Total Laboratory Units: 1.0

Total Course Units: 1.0

Total Lecture Hours: 0.0

Total Laboratory Hours: 48.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 48.0

Note: This course is primarily designed for students who meet Title 5 eligibility requirements for the Disabled Students Programs and Services.

Course Entry Expectations

Prior to enrolling in the course, the student should be able to:

- participate in an individual and group environment;
- demonstrate and maintain a positive attitude;
- perform personalized modified physical activities.

Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- use modified equipment to maximize their physical abilities;
- modify the use of this equipment for their individual capabilities;
- emphasize their own capabilities;
- apply techniques to rehabilitate and correct physical deficiencies;
- use relaxation as a tool for fitness and stress management.

Course Content

Total Faculty Contact Hours = 48.0

Evaluation of Foundational Physical Skills and Abilities (**2 hours**)

Individually Selected Developmental Exercises (**16 hours**)

Increase muscle power

Increase range of motion

Increase coordination

Reduce uncomplicated posture deviations

Increase general strength and endurance in convalescence

Recreational Sports (30 hours)

Individual sports

Catching and throwing skills

Badminton

Bocce ball

Croquet

Frisbee Golf

Bowling

Tennis

Golf

Team sports

Basketball

Softball

Kickball

Volleyball

Parachute Activities

Power Soccer

Methods of Instruction

The following methods of instruction may be used in this course:

- demonstration;
- one-on-one interaction;
- group participation;
- team participation;
- multi-media material;
- skill repetitions;
- discussion.

Out of Class Assignments

The following out of class assignments may be used in this course:

- self-evaluation (e.g. analysis of individual game-play performance);
- written analysis (e.g. summary and examination of the physical and emotional benefits of activities).

Methods of Evaluation

The following methods of evaluation may be used in this course:

- personalized practical examination;
- self-evaluation of personal progress;
- quizzes;
- written midterm examination;
- written final examination.

Textbooks

Winnick, Joseph and Porretta, David. *Adapted Physical Education and Sport*. 6th ed. Champaign: Human Kinetics, 2016. Print.
10th Grade Textbook Reading Level. ISBN: 9781492511533

Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- demonstrate sensitivity and awareness of individual differences and needs of peers while interacting with others during various sports and recreational activities;
- demonstrate various sports and recreational activity skills in a safe manner while utilizing any necessary adaptations;
- relate understanding of the value and significance of physical activity for personal fitness, health and quality of life.