

COURSE OUTLINE

Physical Education 134 Adapted Wellness and Fitness Laboratory

Catalog Statement

PE 134 is a laboratory physical fitness course for students with disabilities. This course is designed to develop and encourage positive attitudes and habits with regard to cardiovascular efficiency, body composition, muscular strength, endurance and flexibility. Students are assessed in these areas and a personalized fitness program is established.

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 Disabled Students Programs and Services (DSPS).

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:

- evaluate their level of fitness with regard to the four major areas of health related fitness: body composition, cardiovascular efficiency, muscular strength and endurance and flexibility;
- identify areas of personal fitness needing improvement;
- identify positive lifestyle habits with regard to exercise and its relationship to nutrition, weight control and stress management;
- create a personalized workout program through communication with the instructor which leads to improved fitness;
- assess their personal responsibility in maintaining their health;
- create a plan to maintain an acceptable level of fitness.

Course Content

Introduction and Orientation to the Lifestyle Fitness Center (1 hour)

Total Faculty Contact Hours = 48.0

- Class overview and expectations
- Classroom procedures
- Orientation to equipment use
- Shower and locker procedures
- Medical History and Risk Factor Screening (**1 hour**)
 - Resting heart rate
 - Resting blood pressure
 - Height
 - Weight
 - Body composition
 - Intake for medical information/medications
- Basic Concepts of Exercise (**6 hours**)
 - Cardiovascular exercise principles
 - Strength training and resistance exercise principles
- Pre-term and Post-term Fitness Assessment (Modified for Each Student as Appropriate) (**2 hours**)
 - 1-minute curl-ups
 - Upper body strength maximum
 - Lower body strength maximum
 - Flexibility
 - Bi-lateral body measurements (e.g. biceps, chest, thighs, calves)
- Performance of a Personalized Fitness Workout (**38 hours**)
 - Individualized exercise routines
 - Cardiorespiratory exercises
 - Resistance exercises
 - Flexibility exercises
 - Balance exercises

Methods of Instruction

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

- demonstration;
- discussion;
- skill repetitions;
- one-on-one interactions.

Out of Class Assignments

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

- journal entries (e.g. responses to journal prompts evaluating health habits such as stress management and sleep behaviors);
- oral or written analysis of personal progress (e.g. analysis of post-term fitness assessment outcomes).

Methods of Evaluation

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

- analysis of individual student goal attainment;
- daily workout journal;
- comparison of pre- and post- test fitness evaluations.

Textbooks

No textbooks required. Instructor may create handouts and exercise protocols.

Student Learning Outcomes

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

- demonstrate competency in setting up equipment and utilizing safe and proper techniques, and any necessary adaptations during exercise;
- demonstrate sensitivity and awareness of individual differences and needs of peers while interacting with others during various fitness workouts;
- relate understanding of the value and significance of physical activity for improving personal fitness, health and quality of life.