

PE130 : Adapted Activities

General Information

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|---|---|
| Author: | <ul style="list-style-type: none">Erin Calderone |
| Course Code (CB01) : | PE130 |
| Course Title (CB02) : | Adapted Activities |
| Department: | PE |
| Proposal Start: | Fall 2024 |
| TOP Code (CB03) : | (0835.80) Adapted Physical Education |
| CIP Code: | (51.2309) Therapeutic Recreation/Recreational Therapy. |
| SAM Code (CB09) : | Non-Occupational |
| Distance Education Approved: | No |
| Will this course be taught asynchronously?: | No |
| Course Control Number (CB00) : | CCC000575746 |
| Curriculum Committee Approval Date: | 12/13/2023 |
| Board of Trustees Approval Date: | 01/09/2024 |
| Last Cyclical Review Date: | 12/13/2023 |
| Course Description and Course Note: | PE 130 is a diversified program of developmental activities for students with disabilities which enable their participation in a regular physical education program. The emphasis is on the student's abilities, not their disabilities. Note: This course is primarily designed for students who meet Title 5 eligibility requirements for the Disabled Students Programs and Services (DSPS). |
| Justification: | Mandatory Revision |
| Academic Career: | <ul style="list-style-type: none">Credit |

Academic Senate Discipline

| | |
|-----------------------|---|
| Primary Discipline: | <ul style="list-style-type: none">Physical Education (Adapted): Disabled Students Programs and Services |
| Alternate Discipline: | |
| Alternate Discipline: | |

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

 Allow Students to Gain Credit by Exam/Challenge**Course Special Class Status (CB13)**

Course is designated as an "approved special class" for students with disabilities.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

Transferability & Gen. Ed. Options**General Education Status (CB25)**

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

No value

Comparable Course

No Comparable Course defined.

Units and Hours**Summary****Minimum Credit Units (CB07)**

1

Maximum Credit Units (CB06)

1

Total Course In-Class (Contact) Hours

54

Total Course Out-of-Class Hours

0

Total Student Learning Hours

54

Credit / Non-Credit Options**Course Type (CB04)**

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

 Variable Credit Course**Funding Agency Category (CB23)**

Not Applicable.

 Cooperative Work Experience
 Education Status (CB10)
Weekly Student Hours**In Class****Out of Class****Course Student Hours****Course Duration (Weeks)**

18

| | | | | |
|------------------|---|---|--|----|
| Lecture Hours | 0 | 0 | Hours per unit divisor | 54 |
| Laboratory Hours | 3 | 0 | Course In-Class (Contact) Hours | |
| | | | Lecture | 0 |
| Studio Hours | 0 | 0 | Laboratory | 54 |
| | | | Studio | 0 |
| | | | Total | 54 |
| | | | Course Out-of-Class Hours | |
| | | | Lecture | 0 |
| | | | Laboratory | 0 |
| | | | Studio | 0 |
| | | | Total | 0 |

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

| Activity Name | Type | In Class | Out of Class |
|---------------|----------|----------|--------------|
| No Value | No Value | No Value | No Value |

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Prerequisite

Prerequisite: None.

Entry Standards

Entry Standards

Participate in an individual and group environment.

Demonstrate and maintain a positive attitude.

Perform personalized modified physical activities.

Course Limitations

Cross Listed or Equivalent Course

No value

Specifications

Methods of Instruction

Methods of Instruction Laboratory

Methods of Instruction Demonstrations

Methods of Instruction Discussion

Methods of Instruction Field Activities (Trips)

Methods of Instruction Tutorial

Out of Class Assignments

- 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

Rationale

| | |
|--------------------|--------------------------------------|
| Exam/Quiz/Test | Personalized practical examination |
| Writing Assignment | Self-evaluation of personal progress |
| Exam/Quiz/Test | Quizzes |
| Exam/Quiz/Test | Written midterm examination |
| Exam/Quiz/Test | Written final examination. |

Textbook Rationale

No Value

Textbooks

| Author | Title | Publisher | Date | ISBN |
|--------|-------|-----------|------|------|
|--------|-------|-----------|------|------|

No Value

No Value

No Value

No Value

No Value

Other Instructional Materials (i.e. OER, handouts)

Description

No textbooks required. Additional instructional materials may be used as determined by the instructor.

Author

No value

Citation

No value

Online Resource(s)

No value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Use modified equipment to maximize their physical abilities.

Emphasize their own capabilities in performing various sports.

Recall benefits of sports participation for fitness and quality of life.

Describe the health benefits of physical activities.

Modify a variety of individual and team sports to include participants with diverse abilities.

Apply sports skills to participate in adapted game play.

SLOs

Identify individual differences and needs of peers while interacting during various sports and recreational activities.

Expected Outcome Performance: 70.0

Utilize and apply sports and activity skills safely while using any necessary adaptations.

Expected Outcome Performance: 70.0

Recall the role of physical activity and sports for improving fitness, health, and quality of life.

Expected Outcome Performance: 70.0

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

No value

Laboratory/Studio Content

Evaluation of Foundational Physical Skills and Abilities (2 hours)

Individually Selected Developmental Exercises (18 hours)

- Increase muscle power
- Increase range of motion
- Increase coordination
- Reduce uncomplicated posture deviations
- Increase general strength and endurance in convalescence

Recreational Sports (34 hours)

- Individual sports
 - Catching and throwing skills
 - Badminton
 - Bocce ball
 - Croquet
 - Frisbee Golf
 - Bowling
 - Pickleball
 - Golf
- Team sports
 - Basketball
 - Softball
 - Kickball
 - Volleyball
 - Parachute Activities

Total hours: 54