

PE134 : Adapted Wellness And Fitness Laboratory

General Information

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Course Code (CB01) :	PE134
Course Title (CB02) :	Adapted Wellness And Fitness Laboratory
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) :	CCC000576228
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 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 to establish a personalized fitness program. Note: This course is primarily designed for students who meet Title 5 eligibility requirements for Disabled Students Programs and Services (DSPS). Note: This course is Pass/No Pass only.
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 Special Class Status (CB13)	Grading Basis
Course is not a basic skills course.	Course is designated as an "approved special class" for students with disabilities.	<ul style="list-style-type: none">Pass / No-Pass Only
	Pre-Collegiate Level (CB21)	Course Support Course Status (CB26)

Allow Students to Gain Credit by Exam/Challenge

Not applicable.

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	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	08/28/2023	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.

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Variable Credit Course

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	3	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
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 Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Tutorial

Methods of Instruction Presentations

Out of Class Assignments

- 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

Rationale

Writing Assignment

Analysis of individual student goal attainment

Activity (answering journal prompt, group activity)

Daily workout journal

Writing Assignment

Comparison of pre- and post-test fitness evaluations

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
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No Value	No Value	No Value	No Value	No Value
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Other Instructional Materials (i.e. OER, handouts)

Description	No textbooks required. Instructor may create handouts and exercise protocols.
Author	No value
Citation	No value
Online Resource(s)	

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

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.

SLOs

Identify individual differences and needs of peers while interacting with others during various fitness workouts.

Expected Outcome Performance: 70.0

Apply and utilize safety techniques when setting up exercise equipment and use adaptations during a fitness program.

Expected Outcome Performance: 70.0

Recall the value and significance of physical activity 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

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

- Class overview and expectations
- Classroom procedures
- Orientation to equipment use
- Shower and locker procedures

Medical History and Risk Factor Screening (3 hours)

- Resting heart rate
- Resting blood pressure
- Height
- Weight
- Body composition
- Intake for medical information/medications

Basic Concepts of Exercise (8 hours)

- Cardiovascular exercise principles
- Strength training and resistance exercise principles

Pre-term and Post-term Fitness Assessment (Modified for Each Student as Appropriate) (4 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

Total hours: 54