



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 400
Descriptive Title: Adapted Fitness

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course is designed for students with disabilities and provides personalized exercise programs. The components of physical fitness such as body composition, flexibility, muscle endurance, muscle strength, and cardiorespiratory endurance will be discussed. Training principles with each component of fitness will be practiced with an understanding of the physical and health benefits of exercise.
Note: Letter grade or pass/no pass option.

Conditions of Enrollment: *You have no defined requisites.*

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Both
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Prior to July 1992

General Education:
El Camino College: 5 – Health and Physical Education
Term: _____ Other: Approved

CSU GE: E - Lifelong Understanding and Self-Development
Term: _____ Other: Approved

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for

each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will define the components of physical fitness and the methodology to improve each component.
2. Students will describe the benefits of regular exercise.
3. Students will identify strategies to estimate and improve body composition.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Define each component of physical fitness such as; body composition, cardiorespiratory endurance, flexibility, and muscle strength.
Completion
2. Compose an exercise program utilizing proper progression of intensity, frequency, and duration of exercise for each component of physical fitness.
Other (specify)
Personalized exercise card with consultation with instructor.
3. Demonstrate proper stretching exercises while isolating specific muscle groups.
Class Performance
4. Demonstrate proper techniques during resistance exercise relative to movement and breathing.
Class Performance
5. Apply adaptations to equipment and/or exercise that correlate to a student's limitations associated with his or her disability.
Class Performance
6. Discuss the fitness and health benefits of participating in a regular and purposeful exercise program.
Embedded questions
7. Demonstrate measurable progress pertaining to physical fitness as it corresponds to personalized exercise goals.
Class Performance

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	4	I	Introduction A. Safety procedures B. Operation of exercise equipment C. Exercise card D. Student educational contract
Lab	4	II	Basic Components of Physical Fitness A. Body composition B. Cardiorespiratory endurance

			C. Flexibility D. Muscle endurance E. Muscle strength
Lab	4	III	Benefits of Physical Fitness A. Improve metabolic rate B. Improve physique C. Stabilize joints D. Improve range of motion E. Improve strength F. Improve muscle endurance G. Improve stamina H. Bone density
Lab	8	IV	Training Principles A. Assessment B. Goal setting C. Mode of exercise D. Frequency of exercise E. Intensity of exercise F. Duration of exercise G. Warm-up and cool-down H. Exercise modifications I. Contraindicated exercises
Lab	34	V	Personalized Exercise Programs A. Resistance exercises B. Stretching exercises C. Cardiorespiratory exercises D. Trunk stabilization "core" exercises E. Balance exercises
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate to instructor three stretching exercises that isolate a specific muscle group.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Verbally explain to your instructor, the relationship of exercise intensity and the volume of exercise when striving to improve your body composition through exercise.
2. Develop a personalized exercise card, listing appropriate exercises with references to equipment utilization and training principles that coincide with your fitness goals. Afterwards, consult with your instructor for comments and/or recommendations.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Quizzes

Class Performance

Multiple Choice

Completion

Matching Items

True/False

Other (specify):

Personalized exercise card with notation of specific exercises, equipment utilization, and documentation of measurable progress.

V. INSTRUCTIONAL METHODS

Demonstration

Discussion

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
-------------------	-----------------------------------

B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
--------------------------------	-----------------------------------

D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
--	--------------------------------------

Course created by Mary Martin on 02/01/1985.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 12/14/2015

Last Reviewed and/or Revised by Mark Lipe on 09/17/2015