



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 401
Descriptive Title: Adapted Strength Training

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course is designed for students with disabilities and provides personalized strength training programs. Fitness terminology, training principles, and benefits from resistance exercise will be discussed. Major muscle groups will be identified with an understanding of their function and application to specific exercises.

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 identify appropriate resistance exercises for specific muscle groups.
2. Students will describe various training principles and strategies to improve muscle endurance and muscle strength.
3. Students will describe the benefits of resistance exercise training.

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. Demonstrate proper resistance exercise techniques to prevent muscle substitution.

Class Performance

2. Differentiate the methodologies used in developing muscle strength, muscle endurance, and muscle power.

Multiple Choice

3. Distinguish the relationship of body positioning and gravity when performing exercises using free weights.

Class Performance

4. Recognize the different type of muscle actions in the development of a personalized fitness program.

Multiple Choice

5. Categorize the major muscle groups in reference to their location and function.

Matching Items

6. Design a personalized strength-training program that coincides with one's abilities and limitations.

Other (specify)

Update your personalzied exercise card during the semester. Consult with instructor to ensure the card has exercises and documenation to the intensity and duration of exercises to ensure your exercise program meets your goals.

7. Examine and explain the benefits of participating in a regular and purposeful resistance exercise program.

Completion

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	3	I	Introduction A. Safety procedures B. Operation of exercise equipment C. Exercise card D. Student educational contract

Lab	6	II	Benefits of Resistance Exercise A. Muscle strength and power B. Muscle endurance C. Body composition D. Posture and physique E. Bone density F. Joint stability G. Functional fitness
Lab	8	III	Training Principles A. Goal setting B. Mode of exercise C. Frequency of exercise D. Intensity of exercise E. Duration of exercise F. Progression of exercise and rest G. Modifications H. Contraindications I. Warm up and cool down J. Breathing
Lab	37	IV	Personalized Exercise Program and Equipment A. Muscle groups and function B. Stacked weight machine exercises C. Dumbbell and cuff weight exercises D. Elastic band and sport cord exercises E. Medicine ball exercises F. Manual resistance exercises G. Isometric exercises H. Core exercises I. Active and active-assistive 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 the instructor the appropriate resistance exercises that will isolate the four rotator cuff muscles that provide function and stability for the shoulder joint.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Explain to instructor which resistance exercise for the quadriceps muscle group is most likely to enhance your ability to perform a sit to stand transfer.
2. On your personalized exercise card, keep track of your measureable progress relative to improvements with muscle endurance or strength. Document changes

in sets, repetitions, and load relative to your fitness goals.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

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

Lecture

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
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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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

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