Lassen Community College Course Outline

DS-122 Adaptive Individual Sports: Weight Training 1.0 Unit

I. Catalog Description

This course will allow students who have a substantial developmental delay/physical limitation regardless of ability to have the opportunity to develop and improve strength, bone health, and daily function. Weight training skills will range from proper safety guidelines in equipment usage, lifting, workout selections, spotting fundamentals and practice procedures. Students will develop a well-rounded exercise routine that will help improve their health, physical function, self-esteem, and behavior. Re-enrollment as needed, pursuant to special class repetition standards. This course has been approved for online and hybrid delivery.

Diversity Statement

Please remember that groups are only effective if everyone treats each other with respect. Each individual is encouraged to communicate their thoughts, but please allow others in your group to express their thoughts. Everyone will be surprised by how much you can learn from mutual respect ideas, even if you are knowledgeable about a subject. Try to be receptive to constructive criticism, and open about accepting mistakes. Please come to the class prepared and take ownership of your group's success.

Additional Course Information

Transfer Status:

- NT (does not transfer to UC)

Total Number of Hours by Instructional Method:

- 0 Lecture Hours
- 51 Lecture Hours Laboratory
- 0 Expected Outside Class Hours
- 51 Total Student Learning Hours

Scheduled:

- Fall, Spring, Summer

II. Coding Information

Repeatability: Not repeatable but allow Re-enrollment if student qualifies
Grading Option: Pass/No Pass
Credit Type: Credit Not Degree Applicable
TOP Code: 083580

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

1. Identify appropriate categories of fitness equipment.
2. Demonstrate individually assessed levels of physical fitness in at least one of the

following areas: aerobics, strength, flexibility and balance.
3. Identify performed exercises in a workout chart.
4. Demonstrate appropriate safety practices in a fitness center setting.

B. Course Objectives

Upon completion of this course the student will be able to:

1. First Enrollment
   a. Identify various pieces weight training machines in fitness center
   b. Identify free weight equipment in the fitness center
   c. Identify aerobic equipment in the fitness center.
   d. Identify other equipment that can be used for resistance training.
   e. Demonstrate proper safety rules in the fitness center
   f. Evaluate each person individually to identify risks or barriers that may hinder a student's progress of development and prescribe proper exercise program.
2. Second Enrollment
   a. Identify the major muscle groups of the body.
   b. Understand the proper technique for engaging muscle groups.
   c. Demonstrate proper technique of lifting
   d. Demonstrate one lift for each major muscle group.
   e. Recognize the importance of proper technique and using equipment properly to prevent injuries.
3. Third Enrollment
   a. Demonstrate proper warm-up activities.
   b. Explain the benefit of warming up before lifting weights.
   c. Evaluation of individual's conditions before developing fitness program.
   d. Recognize the importance of guidelines when selecting exercises in a fitness program.
4. Fourth Enrollment
   a. Discuss initial assessment to evaluate conditions that could hinder you from performing an exercise.
   b. Identify the difference between repetition and set.
   c. Demonstrate a repetition of 5, 8, 10, 12 and sets of 1, 2, 3.
   d. Perform exercises in order on a workout sheet
   e. Discuss and practice a new selection of exercises for the same muscle groups using various equipment.
   f. Evaluate individual goals and make adjustments when needed.
   g. Awareness of safety precautions associated with disabling conditions.

IV. Course Content

A. Outline of Topics

1. First Enrollment
   a. Individual Prescriptions for health-fitness exercise program.
   b. Doing check list: physicians clearance and recommendation, student goal sheet, students physical limitations, list of adaptive equipment needed.
   c. Initial assessment: motor control and coordination, balance and trunk stability, spasticity, range of motion, muscle imbalances, baseline strength and weakness, muscle function.
   d. Vocabulary List

e. Terms to know: loads, reps, sets
f. Basic dozen- complementary exercises that work major muscle groups.
g. Work out frequency
h. Work out charts
i. Goal Setting
j. Determine what rep/set for each individual
k. Identify with student modification of the lifting modes (fast vs. slow) (high vs. low intensity)
l. Rate total progress by following charts: Techniques and skills, anatomical knowledge, program design concepts, outcomes of training.
m. Alternate exercises
n. Decide to vary a program with other exercises or workout charts.

2. Second Enrollment
   a. Equipment knowledge
      1) Learning what the various pieces of equipment are designed to do and how to use them properly has several implications.
      2) Selecting a type of equipment to what exercises can be performed: Weight machine, free weights, stretch bands, treadmills, recumbent bicycles, recumbent gliders, stationary bicycles, stair steppers, balance balls and other devices in a fitness center.
   b. Fitness Center
      1) Free Weight Station
      2) Machine Station
      3) Aerobic Station
      4) Balance Station
   c. Weight Room Safety
      1) Weights put away after using
      2) Personal items in a locker or hang on hook in the hall; not on the equipment
      3) Check equipment for any frayed cables or pulleys.
      4) Learn to wipe off equipment after using
   d. Safety Rules
      1) Appropriate conduct in the weight room
      2) Warm-up exercises for 10 minutes before lifting
      3) Dress properly, including shirt, sweats, shorts and shoes.
   e. Free weightlifting safety: wear a lifting belt for large amounts especially dead lift and squatting.
      1) Always use spotters or safety racks
      2) Use proper lifting technique to prevent injuries
   f. Individualized Program
      1) Have physicians release form completed before attending class
      2) Checking for physical limitations
      3) What are the personal goals: e.g. maintains physical abilities or get ready for competition.

3. Third Enrollment
   a. Identify major muscle groups
      1) Upper body (biceps, triceps, deltoids….)

2) Mid body (abdominals, latissimus dorsi…)
3) Lower body (quadriceps, hamstrings…)

b. Proper Technique in lifting weights
1) Visualizing the connection between muscles and bones.
2) Practice grip, body positioning and movement pattern before lifting.
3) Use range of motion for the entire movement pattern of exercise.
4) Visualize correct technique by using mirrors in the room or assistance from trained aids.

c. Selecting exercises for each major muscle group
1) Use a free weight vs. machine weight for certain muscles
2) Use resistant rubber bands vs. medicine balls
3) Selecting exercises for the following: Chest, upper back, lower back, shoulders, upper arms, forearms, upper legs, lower legs, abdominals.

d. Prevent Injuries
1) Getting equipment ready for lifting by checking for possible broken equipment
2) Knowing if bars are loaded evenly with safety hooks when using free weights
3) Machine weights are changed from individual to individual by checking seat position and pin position on weight plate.
4) Interact with instructor and instructor aids when the weight is becoming too hard to get through range of motion.

4. Fourth Enrollment
a. Demonstrate what warm up exercises are needed for weightlifting
1) Walking briskly or biking for each individual need.
2) Identify flexibility exercises for the following areas: chest and shoulder, upper back, shoulder, arms, back, hips, hamstrings, quads and calves.

b. Assessment and Screening
1) Gather information for each student on individual goals leading to safe guidelines in a fitness program.
2) Review with student medical and health history to identify risk with certain exercises.
3) Establish baseline levels of parameters for movement abilities and limitations.

V. Assignments

A. Appropriate Readings

None

B. Writing Assignments

None

C. Expected Outside Assignments

Occasional home assignments to improve performance with individual prescribed activities on index cards

D. Specific Assignments that Demonstrate Critical Thinking

The student will analyze individual workout programs and determine if it is increasing aerobic, strength and flexibility. The students will learn the rules,

strategies, terminology, and etiquette in a fitness center and when competing.

VI. Methods of Evaluation

List general evaluation methods (i.e., mixed format exams, participation, written essays, oral and listening exams)

Traditional Evaluation

Students will be evaluated on pre-test and post-test on the following:

1. Identification of equipment in fitness center
2. Identification of major muscle groups
3. Demonstration of proper lifting technique
4. Demonstrations of a rep and set for lifting
5. Etiquette in the fitness center
6. Positive participation in group settings
   Example #1: Student will demonstration full range of motion and identify which muscles are performing in the certain lift.
   Example #2: To demonstrate ability to correctly perform lift with proper technique and be checked off by the instructor on a task sheet.

Hybrid Evaluation

Quizzes and exams could be administered in person and/ or online. Students will be expected to complete online assignments and activities equivalent to in class assignments and activities for the online portion of the course. Electronic communication, both synchronous and asynchronous (chat/forum) will be evaluated for participation and to maintain effective communication between instructor and students.

Online Evaluation

A variety of methods will be used, such as: research papers, asynchronous and synchronous (chat/forum) discussions, online quizzes and exams, posting to online website and email communications using the districts approved learning management system.

VII. Methods of Delivery

Check those delivery methods for which this course has been separately approved by the Curriculum/Academic Standards Committee.

☒ Traditional Classroom Delivery
☐ Correspondence Delivery
☒ Hybrid Delivery
☒ Online Delivery

Traditional Classroom Delivery

Lecture, discussion, audio/visual aids, demonstration, group exercises, guest speakers, lab, individualized programs and other as needed.

Correspondence Delivery
Assigned readings, instructor-generated typed handouts, typed lecture materials, exercises and assignments equal to face to face instructional delivery. Written correspondence and a minimum of six opportunities for feedback will be utilized to maintain effective communication between instructor and student.

Hybrid Delivery
A combination of traditional classroom and online instruction will be utilized. Each semester a minimum of 17 hours, or 1/3 of the instruction hours, will be taught face-to face by the instructor and the remaining hours will be instructed online through the technology platform adopted by the District. Traditional class instruction could consist of exercises/assignments, lectures, visual aids, practice exercises, exams and quizzes. Online delivery could consist of exercises/assignments, lecture posts, discussions, exams and quizzes, adding extra resources and other media sources as appropriate.

Hybrid Delivery for Courses with a Lab
Hybrid modality may involve face to face instruction mixed with online instruction. A minimum of 1/3 of instruction, including 100% labs, will be provided face to face. The remaining hours will be taught online through a technology platform as adopted by the district.

Online Delivery
A variety of methods will be used, such as: research papers, asynchronous and synchronous (chat/forum) discussions, online quizzes and exams, posting to online website and email communications using the districts approved learning management system.

VIII. Representative Texts and Supplies

A. Text: None

IX. Course Status

1. Current Status: Active
2. Original Approval Date: 5/06/2008
3. Course Originator:
4. Board Approval Date:
5. Chancellor's Office Approval Date:
6. Revised By: Carrie Nyman
7. Curriculum/Academic Standards Committee Revision Date: 10/01/2024