

Lassen Community College Course Outline

DS-120 Adaptive Fitness

1.0 Units

I. Catalog Description

This course is designed to provide development and maintenance of strength, flexibility and aerobic fitness, through sport and fitness activities, for students with a verified physical disability. Re-enrollment as needed, pursuant to special class repetition standards. This course has been approved for online and hybrid delivery-

Does not transfer to UC/CSU

51 Hours Lab

Scheduled: Fall, Spring, Summer

II. Coding Information

Repeatability:-Not repeatable but allow Re-enrollment if student qualifies

Grading Option: Pass/No Pass Only

Credit Type: Credit - Not Degree Applicable

TOP Code: 080900

III. Course Objectives

A. Course Student Learning Outcomes

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

1. Demonstrate good sportsmanship through proper etiquette towards fellow players, coaches and officials.
2. Perform a warm up and cool down exercise routine.
3. Demonstrate the ability to be prepared for a fitness activity class.
4. Demonstrate the knowledge of basic rules for sport activities.

B. Course Objectives

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

1. Demonstrate the application of appropriate strength conditioning, flexibility and aerobic exercises.
2. Employ the concepts of adapted fitness training including strength, flexibility and aerobics.
3. Analyze areas of physical fitness strengths and weaknesses and prioritize those areas to be addresses. Special attention given to physical disabilities that may require specific accommodations.
4. Construct and maintain an individualized fitness conditioning program including the designation of the methods of evaluation and the incorporation of appropriate cultural, ethnic, language, and/or gender issues.
5. In the absence of degenerative disease process, demonstrate increased muscular strength and endurance in areas where the individual weakness have been identified, or in the presence of a degenerative disease process demonstrated either maintained or slowed degradation of muscular strength and endurance in areas where given the "normal" course of the disease, decreased muscle strength and endurance would be expected.
6. In the absence of a degenerative disease process, demonstrate improved flexibility, or in the presence of a degenerative disease process demonstrate either

maintained or slowed degradation of muscular flexibility in areas where given the "normal" course of the disease a decrease in muscular flexibility would be expected.

7. In the absence of a degenerative disease process, demonstrate improved aerobic capacity, or in the presence of degenerative disease process, demonstrate either maintained or slowed degradation of aerobic capacity where given the "normal" course of the disease a decrease in aerobic capacity would be expected.
8. Demonstrate through various sport activities the abilities to perform fundamental movement skills to maintain an active lifestyle.

IV. Course Content

- A. Demonstrate the application of appropriate strength conditioning, flexibility and aerobic exercises.
 1. Calisthenics
 - a. standing (supported and unsupported)
 - b. sitting (wheelchair or stable)
 - c. upper body
 - d. lower body
 - e. total body
 - f. limp specific
 2. Mat exercises
 - a. supine
 - b. prone
 - c. side laying
- B. Analyze areas of physical fitness strengths and weaknesses and prioritize those areas to be addresses. Special attention given to physical disabilities that may require specific accommodations.
 1. Pre-test for baseline
 2. Analysis and consultation with instructor and physician
 3. Prescriptive exercises
 4. Post-test for ending results and modification
 5. Individual pathology and limitations to exercise
- C. Construct and maintain an individualized fitness conditioning program including the designation of the methods of evaluation and the incorporation of appropriate cultural, ethnic, language, and/or gender issues.
- D. In the absence of a degenerative disease process, demonstrate improved aerobic capacity, or in the presence of a degenerative disease process, demonstrate either maintained or slowed degradation of aerobic capacity where given the "normal" course of the disease a decrease in aerobic capacity would be expected.
- E. Modify sport activities through sport classification in an assessment system that (a) guides programming and (b) equalizes opportunity in competition.

V. Assignments

A. Appropriate Readings

1. Selected readings from the references and other sources will be assigned when and where appropriate.
2. Selected in-class readings and handouts as appropriate for given individuals in given situations.

B. Writing Assignments

1. Completion of a training log of workouts and progress.
2. When Appropriate, individual written assignments may be required.
3. In consultation with the instructor, students will complete Student Educational Contract (SEC)

C. Expected Outside Assignments

None

D. Specific Assignments that Demonstrate Critical Thinking

None

VI. Methods of Evaluation

- A. Demonstration of proper exercise positioning and technique.
- B. Evaluation of the Student's Educational Contract.
 1. Progress towards short- and long-term goal achievement.
 2. The effectiveness of the prescribed exercise program.
 3. The appropriateness of the selected methods of evaluation.
- C. Periodic assessments of pre and post-tests of specific fitness parameters (at least twice per semester, at the beginning of the quarter and no later than at the time of the final).
- D. Evaluation of participation as recorded in the training log.
- E. Evaluation of written assignments where appropriate.
- F. Finals: when all assessments must be completed and recorded, and the education contract indicates the appropriate and logical step for the student.
- G. Assessment of skill and task analyses for sport activities with a pre and post testing.

Hybrid Evaluation

All quizzes and exams will be administered during the in person class time. Students will be expected to complete on-line 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: papers, assignments, asynchronous and synchronous (chat/forum) discussions, online quizzes and exams, posting to on-line website and email communications.

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

- A. Lecture
- B. Laboratory
- C. Demonstration

Hybrid Delivery

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

Online Delivery

Participation in on-line discussions. Online exercises/assignments contained on website. Web based video vignettes with discussion paper, email communications, postings to forums, online lecture notes and web links will compromise the method of instruction.

VIII. Representative Texts and Supplies

Anderson, Bob; Stretching, Solinas, CA; Shelter Publishing, 1994

Fahey, Thomas D., Paul M. Insel, and Walton T. Roth, Fit and Well, 4 Ed. Alternate Edition, Mt. View, CA; Mayfield Publishing Company, 2000

Lockette, Kevin F. and Keyes, Ann M. and the Rehabilitation Institute of Chicago, Conditioning with Physical Disabilities, Champaign, Ill, Human Kinetics, 1994

Maddox, Sam, and the Spinal Network, Spinal Network-The Total Resource for the Wheelchair Community, Boulder, Colorado; Spinal Network, Vol. II, 1995

Miller, Patricia D. and Keyes, Fitness Programming and Physical Disabilities, Champaign, Ill.; Human Kinetics, 1995

IX. Discipline/s Assignment

DSPS - Credit Instructor, Physical Ed (adaptive)

X. Course Status

Current Status: Active

Original Approval Date: 5/6/2002

Revised By: Carrie Nyman

Curriculum/Academic Standards Committee Revision Date: 11/01/2022