

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

Transfer course A.A. degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 177 Principles of Adaptive Physical Education

UNIT VALUE: 2

MINIMUM NUMBER OF SEMESTER HOURS: 64

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Designed to train personnel preparing to work with physically disabled and developmentally delayed individuals. Includes evaluation, prescription exercises, and physical activities. Laboratory experience in adaptive and rehabilitative physical education programs.

SPECIFIC COURSE OBJECTIVES:

The successful student will:

1. analyze the various conditions of the disabled students in a physical education environment.
2. identify special needs of the adaptive student population.
3. identify skills for assisting adaptive students in the areas of: swimming, motor development, flexibility exercises, transportation, recreation, safety and personal relations.
4. identify an individual weight program for the adaptive student.
5. evaluate physical progress of the adaptive student.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction
 - A. Course organization
 - B. Assignment of student/client

- II. Getting started
 - A. Settings
 - B. Resources
 - C. Adaptations
 - D. Creativity

- III. Goal setting
 - A. Individual fitness plans (I.F.P.)
 - B. Age appropriate planning

- IV. Assessment

- V. Adapting instruction and behavior management
 - A. Motor learning
 - B. Motor performance
 - C. Perceptual motor learning
 - D. Fitness and healthy lifestyle
 - E. Postures, appearance, and muscle imbalance
 - F. Relaxation
 - G. Hyperactivity
 - H. Dance and dance therapy
 - I. Weights
 - J. Aquatics
 - K. Stretching

- VI. Individual differences
 - A. Infants and young children
 - B. Health impaired conditions
 - C. Learning disabilities, attention deficits, hyperactivity
 - D. Mental retardation
 - E. Acquired brain injury
 - F. Emotional disturbance
 - G. Cerebral palsy
 - H. Orthopedic impairments
 - I. Stroke
 - J. Hearing impaired
 - K. Visually impaired
 - L. Cardio-respiratory rehabilitation

REQUIRED READING:

Instructor generated handouts.

SUGGESTED READING: None

REQUIRED WRITING:

Five one page written progress reports on assigned student/client individual educational program.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Read and study handouts, lecture notes. Prepare writing assignments, and practice skills. Prepare lesson outlines, monitor student progress and participate in field trips. Assist in Special Olympics events and Palomar College's Sports Day.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply.

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

Participation	60%
Written Reports	40%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 1

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161(c)(2)(A) and (B)

CONTACT PERSON:

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Extension 2136

SIGNATURES:

SIGNATURES ON FILE