

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

X  Transfer Course  X  A.A. Degree applicable course  
(Check all that apply)

**COURSE NUMBER AND TITLE:** PE 180 Adaptive Outdoor Activities

**UNIT VALUE:** 1, 1.5

**MINIMUM NUMBER OF SEMESTER HOURS:** 32, 48

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS:** None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

Planning of, participation in, and evaluation of a variety of sports and other outdoor activities adapted to disabled students. Emphasis will be on self-reliance, organization of personal belongings, problem solving situations, interpersonal relations, and meeting new challenges.

**SPECIFIC COURSE OBJECTIVES:**

Successful students will:

1. identify basic skills of selected sports and outdoor activities.
2. analyze progress on self-reliance.
3. evaluate problem solving skills when planning outdoor activities.
4. apply principles of personal organizational skills.
5. explain the ability to organize and participate in activity responsibilities.

## **CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Orientation
- II. Forms and obligations
  - A. Completion of all forms and waivers
  - B. Outline and goals for activity
  - C. Trip itinerary
  - D. Student and parent/guardian responsibilities
  - E. Physician's release
- III. Participation
  - A. Arrival at site
  - B. Loading equipment
  - C. Transportation
  - D. Unloading
  - E. Setting up
  - F. Food preparation
  - G. Personal hygiene
  - H. Daily activities can include
    - 1. Skiing
    - 2. Swimming
    - 3. Canoeing
    - 4. Hiking
    - 5. Singing
    - 6. Story telling
  - I. Interpersonal relations
  - J. Breakdown
  - K. Departure group discussion
- IV. Evaluation
  - A. Class goals
  - B. New classes for successful living
  - C. Achievements/teamwork
  - D. Activities

## **REQUIRED READING:**

Instructor-generated handouts.

## **SUGGESTED READING:**

None.

## **REQUIRED WRITING:**

Two-page written diary or an audio or video tape 15 minutes in length of activity experiences. Skills demonstration is also appropriate.

**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 and lecture notes. Prepare written assignment, and practice skills.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

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

**DISTANCE LEARNING:**

**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	70%
Skills demonstration	20%
Written assignment	10%

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

Yes  No  Number of times course may be taken for credit: 4

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)

**CONTACT PERSON:** Jem McAdams, Extension 2136

**SIGNATURES ON FILE**