

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 182 Adaptive Weight Training

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:

Resistance activities designed to meet specific needs of the student with a disability. Development and maintenance of a level of strength, flexibility, and cardiovascular endurance in order to facilitate independence of movement and rehabilitation of specific muscle groups.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. identify specific weight training exercises.
2. analyze strength, range of motion and endurance.
3. evaluate weight training principles for specific disabilities.
4. justify and apply strength training principles of safety skills.
5. explain and describe the skills necessary for life-time physical fitness.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction to weight room safety procedures
 - A. Equipment alignment
 - 1. Weights
 - 2. Cables
 - 3. Pins
 - B. Resistance training
 - 1. Why used
 - 2. Body alignment
 - C. What to do in case of an accident
 - D. Hydration
 - E. Nutrition
 - F. Training
 - 1. Specific muscle groups
 - 2. Overall strength and endurance
 - 3. Flexibility
 - 4. Range of motion

- II. Instruction of basic exercises to include
 - A. Bench press
 - B. Butterflies
 - C. Incline sit-ups
 - D. Triceps dips
 - E. Triceps curls
 - F. Seated rowing
 - G. Pull-ups or hangs
 - H. Military press
 - I. Lat pulls
 - J. Quadriceps extensions
 - K. Hamstring curls
 - L. Quadriceps press
 - M. Toe raises

- III. Warm-up and cool-down procedures
- IV. Breathing techniques
- V. Planning a proper program for the semester to include
 - A. Initial testing
 - 1. Strength
 - 2. Range of motion
 - 3. Endurance

 - B. Setting up individual exercise program to include
 - 1. Performance
 - 2. Repetitions
 - 3. Sets of repetitions
 - 4. Amount of weight per set

- VI. Goal setting and motivation techniques individualized with student and instructor

- VIII. Evaluation/project

REQUIRED READING:

Instructor-generated handouts.

SUGGESTED READING:

None.

REQUIRED WRITING:

Skills demonstration is more 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. 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 80%
Skills demonstration 20%

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

Yes X 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: Dianne M. Boldt, Extension 2459

SIGNATURES ON FILE
