

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 184 Adaptive Body Conditioning

UNIT VALUE: 1, 1.5

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS:

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Training to increase endurance, flexibility, and strength. Emphasis on individual fitness profile.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. identify strength, range of motion and endurance.
2. evaluate various conditioning and flexibility exercises.
3. evaluate body conditioning principles for specific disabilities.
4. compare and contrast fitness activities for specific disabilities.
5. explain and identify the skills necessary for life-time physical fitness.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Physical Fitness
 - A. Cardiovascular endurance
 - 1. Continuous exercise
 - 2. Progressive
 - 3. Sequential
 - 4. Repetitions
 - 5. Walking
 - 6. Pushing their wheelchair
 - B. Strength
 - C. Flexibility
 - D. Endurance
 - E. Exercises for upper extremities
 - 1. Neck
 - 2. Deltoid
 - 3. Biceps
 - 4. Wrists
 - 5. Fingers
 - F. Exercises for the lower extremities
 - 1. Gluteus maximus
 - 2. Hamstrings
 - 2. Calves
 - 3. Ankles
 - 4. Toes

- II. Enrichment
 - A. Use of exercise as a leisure skill
 - B. Use of sports as a leisure skill

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 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