

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** ADAP 140    **TITLE:** Adapted Weight Training  
**Semester Units/Hours:** 0.5 - 1.0 units; a minimum of 24.0 lab hours/semester; a maximum of 48.0 lab hours/semester  
**Method of Grading:** P/NP Only

2. **COURSE DESIGNATION:**

**Degree Credit**

**Transfer credit:** CSU; UC

**AA/AS Degree Requirements:**

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

3. **COURSE DESCRIPTIONS:**

**Catalog Description:**

Designed primarily for students with disabilities. Instruction includes various weight lifting techniques and exercises to enhance the student's physical well being. An individualized exercise program includes: circuit weight training, whole body movement lifts, set training, single muscle isolation and stabilization lifts, and stretching techniques. May be repeated for competency and continued evaluation of improvement.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Incorporate lifting techniques into their exercise program.
2. Incorporate aerobic equipment into their exercise program.
3. Organize all exercise modalities in the most effective order based on individual fitness goals.
4. Incorporate flexibility exercises relative to fitness goals.
5. Provide feedback to instructor to better facilitate exercise effectiveness.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Employ lifting techniques into their exercise program.
2. Incorporate aerobic equipment into their exercise program.
3. Organize all exercise modalities in the most effective order based on individual fitness goals.
4. Incorporate flexibility exercises relative to fitness goals.
5. Provide feedback to instructor to better facilitate exercise effectiveness.

6. **COURSE CONTENT:**

**Lecture Content:**

**Lab Content:**

I. Introduction

- a. Instruct students how to safely use weight training equipment.
- b. Demonstrate lifting and stretching techniques.

II. Weight Training

- a. Instruction and guided practice in the use of various machines, dumbbells and barbells, and floor and wall exercises to develop muscle strength and endurance.
- b. Use various machines and free weights such as dumbbells and barbells to gain muscle strength in all areas of the body.

III. Whole body movement lifts and single muscle isolation and stabilization lifts

- a. Instruction and guided practice in the use of free weight barbells, squats and lunges to accentuate whole body strength and power.
- b. Performance of isolated lifts and stabilization exercises using various machines, free weights, and floor and wall exercises.

IV. Lower back and abdominal isolation exercises and stretching

- a. Development of multi-level abdominal and spine stabilization exercises.

b. Incorporation of stretching exercises.

**7. REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

1. Activity
2. Individualized Instruction
3. Observation and Demonstration
4. Other (Specify): Handouts

**8. REPRESENTATIVE ASSIGNMENTS**

Representative assignments in this course may include, but are not limited to the following:

**9. REPRESENTATIVE METHODS OF EVALUATION**

Representative methods of evaluation may include:

1. Class Participation
2. Exams/Tests
3. Students will be given pre and post fitness tests, and will complete a self-evaluation form.

**10. REPRESENTATIVE TEXT(S):**

**Origination Date:** August 2010  
**Curriculum Committee Approval Date:** November 2012  
**Effective Term:** Fall 2013  
**Course Originator:** Shana Young