

College of San Mateo
Official Course Outline

1. **COURSE ID:** ADAP 875 **TITLE:** Adapted Evaluation
Semester Units/Hours: 0.5 units; a minimum of 24.0 lab hours/semester
Method of Grading: P/NP Only
Recommended Preparation:
 recent physical examination and disability verification form.

2. **COURSE DESIGNATION:**
Non-Degree Credit
Transfer credit: none

3. **COURSE DESCRIPTIONS:**
Catalog Description:
 Course designed to assess the physical ability of students enrolled in Adapted Physical Education class(es).
 Based on the results of the assessment, an appropriate exercise program will be determined for the student.
 Units do not apply toward AA/AS degree. 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. Identify their personal physical fitness strengths and weaknesses.
 2. Establish physical fitness goals for the semester.
 3. Modify their exercises in the classroom in order to attain their goals.
 4. Recognize the progress that they have made over the semester.
 5. Recognize the importance of physical fitness as a lifelong commitment.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. Identify their personal physical fitness strengths and weaknesses.
 2. Establish physical fitness goals for the semester.
 3. Modify their exercises in the classroom in order to attain their goals.
 4. Recognize the progress that they have made over the semester.
 5. Recognize the importance of physical fitness as a lifelong commitment.

6. **COURSE CONTENT:**
Lecture Content:
 1. Initial Preliminary Assessment
 1. Determine basic fitness level (heart rate, blood pressure, weight, height)
 2. Prepare an exercise contract
 1. Class placement
 2. Establish exercise goals
 2. Pre-Test
 1. Fitness tests in accordance to classes being taken
 1. Adapted General Conditioning
 1. Cardiovascular assessment
 2. Flexibility assessment (when applicable)
 3. Grip strength assessment
 4. Walking assessment (when applicable)
 5. Body Composition assessment (when applicable)
 2. Adapted Aquatics
 1. Cardiovascular assessment
 2. Flexibility assessment (when applicable)
 3. Grip strength assessment
 4. Walking assessment (when applicable)
 5. Body Composition assessment (when applicable)
 3. Adapted Weights
 1. Grip strength assessment (when applicable)

- 2. Upper/Lower Body (Isolated muscle or muscle group testing) Strength assessment
- 4. Adapted Back Care
 - 1. Flexibility assessment
- 3. Post-Test
 - 1. Re-test everything from the Initial Preliminary Assessment and Pre-Test
 - 2. Measure student's progress
 - 3. Counsel future placement for student
 - 4. All results are computer analyzed
- 4. Concepts in Physical Fitness
 - 1. Importance of exercise
 - 2. Physiological aspects of exercise
 - 3. Adaptations to exercise

Lab Content:

- I. Initial Preliminary Assessment
 - A. Determine basic fitness level (heart rate, blood pressure, weight)
 - B. Prepare an exercise contract
 - 1. Class placement
 - 2. Establish exercise goals
- II. Pre-Test
 - A. Fitness tests in accordance to classes being taken
 - 1. Adapted General Conditioning
 - a. Cardiovascular assessment
 - b. Flexibility assessment
 - c. Grip strength assessment
 - d. Walking assessment
 - e. Body Composition assessment
 - 2. Adapted Aquatics
 - a. Cardiovascular assessment
 - b. Flexibility assessment (when applicable)
 - c. Grip strength assessment
 - d. Walking assessment
 - e. Body Composition assessment
 - 3. Adapted Weights
 - a. Grip strength assessment
 - b. Upper/Lower Body (Isolated muscle or muscle group testing) Strength assessment
 - 4. Adapted Back Care
 - a. Flexibility assessment
- III. Post-Test
 - A. Re-test everything from the Initial Preliminary Assessment and Pre-Test
 - B. Measure student's progress
 - C. Counsel future placement for student
 - D. All results are computer analyzed
- IV. Concepts in Physical Fitness
 - A. Importance of exercise
 - B. Physiological aspects of exercise
 - C. Adaptations to exercise

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- 1. Individualized Instruction
- 2. Other (Specify): Discussions on importance of exercise, physiological aspects of exercise, and adaptations to exercise. Handouts given to students who request extra study material. Analysis of student's fitness, goals and abilities will determine an appropriate exercise program for the student. Analysis of student's fitness testing at the end of the semester to determine if goals have been met.

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. Class Performance
3. Exams/Tests
4. Students will be expected to attend their required assessment appointments, and have the responsibility of changing their appointments if necessary. Students will adapt/adjust their exercises in order to attain their personal goals.

10. REPRESENTATIVE TEXT(S):

Other:

1. Instructor handouts

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