

College of San Mateo
Official Course Outline

1. **COURSE ID:** ADAP 110 **TITLE:** Adapted General Conditioning

Units: 0.5 or 1.0 units **Hours/Semester:** 24.0-54.0 Lab hours

Method of Grading: Pass/No Pass Only

Recommended Preparation:

Recent physical examination and disability verification form.

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Offered primarily for students with physical limitations. Prescription and implementation of adapted stretching, strengthening, and aerobic exercises. 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 stretching techniques into their exercise program.
2. Incorporate aerobic equipment into their exercise program.
3. Select exercises that they can and cannot perform according to the individual's disability.
4. Demonstrate that they can perform certain exercises independently.
5. Identify exercises that the student can and cannot perform according to the individual's disability

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Incorporate stretching techniques into their exercise program.
2. Incorporate aerobic equipment into their exercise program.
3. Generate an exercise program relative to their fitness goals.
4. Identify exercises that the student can and cannot perform according to the individual's disability.
5. Demonstrate that they can perform certain exercises independently.

6. **COURSE CONTENT:**

Lecture Content:

Lab Content:

1. Placement into appropriate activity
 - A. group/individual stretching
 - B. mat exercises
 - C. cardiovascular training
 - D. ambulation exercises (if applicable)
2. Introduction and participation in group/individual stretching
 - A. flexibility and range of motion exercises
3. Introduction and participation in mat exercises
 - A. upper body strength training exercises
 - B. core body strength training exercises
 - C. lower body strength training exercises
4. Introduction and participation in cardiovascular training
 - A. standing frame
 - B. UBE
 - C. treadmill
 - D. stationary bicycle

- E. NuStep
- F. Flexiciser
- 5. Introduction and participation in ambulation exercises
 - A. parallel bars
 - B. bar exercises
 - C. balance exercises

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Activity
- B. Individualized Instruction
- C. Observation and Demonstration
- D. Other (Specify): Handouts and individual/group exercises

8. REPRESENTATIVE ASSIGNMENTS

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

Reading Assignments:

Instructor generated handouts will be provided as supplemental material.

Other Outside Assignments:

Students are encouraged to engage in outside activity to supplement in-class activity.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Exams/Tests
- C. Students will be given pre and post fitness tests, and will complete a self-evaluation form.

10. REPRESENTATIVE TEXT(S):

Other:

- A. Instructor generated handouts.

Origination Date: July 2020
Curriculum Committee Approval Date: October 2020
Effective Term: Fall 2021
Course Originator: Shana Young