

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** ADAP 140 **TITLE:** Adapted Weight Training

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:

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:

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

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: December 2021
Curriculum Committee Approval Date: January 2022
Effective Term: Fall 2022
Course Originator: Shana Young