

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** ADAP 155 **TITLE:** Adapted Back Care
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:

Students will participate in a flexibility and core strength training program. These exercises will help build musculature and correct posture, which are important in maintaining back health. 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 back strengthening techniques into their exercise program.
2. Incorporate various abdominal exercises into their exercise program.
3. Incorporate flexibility exercises relative to fitness goals.
4. Provide feedback to instructor to better facilitate exercise effectiveness.
5. Recognize certain difficult exercises, and adapt to them accordingly.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Incorporate back strengthening techniques into their exercise program.
2. Incorporate various abdominal exercises into their exercise program.
3. Incorporate flexibility exercises into their exercise program relative to their fitness goals.
4. Provide feedback to instructor to better facilitate exercise effectiveness.
5. Recognize certain difficult exercises, and adapt to them accordingly.

6. **COURSE CONTENT:**

Lab Content:

- I. Stretching exercises to improve spine health
 - a. Multi joint stretches
 - b. Single joint stretches
 - c. Dynamic stretching
 - d. Static stretching
 - e. Progressive stretch

- II. Progressive spine stabilization exercises
 - a. "Mad Cat"
 - b. "Quadruped"
 - c. Prone
 - d. "Dead Bug"
 - e. Wall squats
 - f. Abdominal routine

- III. Exercise goals
 - a. Improve flexibility
 - b. Improve spine health

- c. Decrease pain
- d. Improve posture
- e. Improve overall fitness level

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