GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 02/22/2022

GCCCD Governing Board Approval: 03/08/2022

# EXERCISE SCIENCE 001 – ADAPTED PHYSICAL EXERCISE

1. Course Number Course Title Semester Units

ES 001 Adapted Physical Exercise 1.0

Semester Hours

1 hour lecture: 16-18 hours 32-36 outside-of-class hours

1 hour laboratory: 16-18 hours 64-72 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

None

3. Catalog Description

This course is designed to develop various components of physical fitness for students with verified disabilities. Physical assessment, appropriate exercise equipment and personalized exercise program will be prescribed. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

4. Course Objectives

The students will:

1. Recognize and define adaptive level resistance training principles and routines.
2. Identify and locate the major muscle groups and basic resistance exercises and stretches.
3. Evaluate muscle strength, muscle endurance, and body composition and limitations through pre & post resistance assessments.
4. Determine and facilitate safe and proper techniques in use of and adaptation of various exercise equipment.

e. Improve or maintain level of physical fitness through regular physical activity.

f. Prepare for participation in life-long sport and fitness activities.

1. Describe and utilize methods to increase safety and individual adherence to adaptive exercise.
2. Identify and interpret the Core Curriculum concepts that lead to an active and healthy lifestyle.
3. Develop and apply principles of physical fitness as well as healthy lifestyle choices and evaluate their impact on an individual's health.

5. Instructional Facilities

1. Resistance training room equipped with adequate air conditioning, appropriate apparatus and equipment with various straps and handles, adapted equipment such as arm ergometers and standing frames, chairs, table mats, mirrors, mats, computer, music, and video.
2. Floor Mats for each student
3. Physical fitness assessment equipment
4. Projector, screen, and audio and visual equipment.

6. Special Material Required of Student

Appropriate fitness attire, footwear, and towel.

7. Course Content

1. Assessment of current fitness and health levels (muscle strength, muscle endurance, flexibility, body composition, body mass index, and blood pressure)
2. Personalized exercise programs designed to meet the goals and objectives of specific physical disabilities and health conditions.
3. Proper and safe use of exercise equipment and appropriate adaptation.

d. Development, review, and practice of physical activities.

e Pre and post fitness assessments.

f. Parameters of physical fitness as well as healthy life-style choices and their implications to life-long health.

g. Basic exercises for general body conditioning, physical fitness~~,~~ and life-long health.

8. Methods of Instruction

a. Individual and group lecture and demonstration

b. Visual and electronic instructional materials

c. Instructor-led activities exercises and individual consultation.

d. Fitness level testing and monitoring.

9. Methods of Evaluating Student Performance

1. Observation of daily motor skill acquisition and body mechanics of muscular strength, endurance, and flexibility.
2. Written final exam (knowledge and core)
3. Written self-evaluation assessments (i.e., fitness log)
4. Physiological self-evaluation of physiologic parameters for each class session (i.e., fitness log)
5. Pre and post fitness assessment~~s~~
6. Muscle strength (i.e., resistance training machine, barbells, and dumbbells)
7. Muscle endurance (i.e., push-ups, plank, and sit-ups)
8. Flexibility (i.e., back saver sits and reach)
9. Body Composition (i.e., bioelectrical impedance, skinfold calipers, girth measurements)
10. Health Measurements (i.e., resting heart rate, resting blood pressure, height/weight)
11. Evaluation of outside class assignments utilizing the course text.
12. Practical exams (biomechanical skill for resistance and cardio exercise)

10. Outside Class Assignments

1. Inclusion of at least one additional day of prescribed exercise to meet minimum frequency and training standards needed to gain fitness.
2. Weekly reading and practicing resistance and cardiovascular exercise theories and techniques.
3. Assignments based on course text.

11. Representative Texts

a. Exercise Science and Wellness Department. *The Way to a Long and Healthy Life.* El Cajon, CA. Grossmont College, 6th Edition, 2017.

b. Supplementary text(s) and workbook(s): None.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

* 1. Demonstrate knowledge, skills, and appreciation of adapted physical exercise.
  2. Identify the basic principles for maintaining an active and healthy life.