

KIN 0073 - ADAPTED INDIVIDUALIZED EXERCISES

Catalog Description

Formerly known as PHED 72

Advisory: Physician's approval recommended for participation

Hours: 36 activity per unit

Description: The purpose of this class is to improve joint flexibility, muscle endurance and muscle strength in students having difficulty with ambulation, balance, and/or motor skills. Individualized Progressive Resistance exercise programs will be developed based on the student's physical and or developmental abilities, physician's recommendation, and student's personal goals. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Demonstrate proper technique in selected lifts with or without modification to the lift.
- CSLO #2: Explain weight room safety.
- CSLO #3: Summarize the fitness benefits of progressive resistance weight training.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Demonstrate proper technique in all lifts with or without modification to the lift.
2. Apply concepts of weight room safety.
3. Demonstrate the ability to correctly log and monitor the progress of each exercise in a daily exercise log.
4. Summarize the fitness benefits of progressive resistance weight training.
5. Develop a healthy nutrition plan.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity

- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Reports
 - Example: Students will be required to turn in a detailed workout log of their workout program.
- Skill Demonstrations
 - Example: Students will successfully demonstrate all safety and proper lifting techniques covered in class.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructor will facilitate a class discussion in which students will evaluate their own workout logs and make changes to them if deemed necessary.
2. Following a demonstration by the instructor, students will successfully demonstrate safe lifting techniques at instructors discretion.

Distance Learning

1. Discussion by the instructor on the proper lift techniques. The students discuss this topic in small groups.
2. Instructor will lead a discussion on weight room safety procedures. The students will discuss this topic in small groups.

Typical Out of Class Assignments Reading Assignments

1. Students will read an article on weight room safety and be prepared to discuss in class.
2. Students will read an article on nutrition and record daily nutrition in daily nutrition log.

Writing, Problem Solving or Performance

1. Students will keep a daily workout log including sets, reps, and weight for each exercise.
2. Students will log and discuss weekly nutritional journals.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

Other materials and-or supplies required of students that contribute to the cost of the course.

Instructor provided materials.