

KIN 0802 - ADAPTIVE MOTOR SKILL DEVELOPMENT

Catalog Description

Formerly known as PHED 802

Advisory: Physician's approval recommended for participation

Hours: 54 laboratory

Description: Physical activities to meet the varied needs of substantially disabled students. Activities include team sports, jogging/walking, weight training, Special Olympic training, swimming, and yoga. May be repeated. (noncredit)

Course Student Learning Outcomes

- CSLO #1: Demonstrate improvement in gross motor skills through pre and post testing.
- CSLO #2: Develop and improve perceptual motor skills through pre and post testing.
- CSLO #3: Explain game rules through participation in class activities.
- CSLO #4: Develop lifetime fitness goals.
- CSLO #5: Create a healthy nutrition plan.

Effective Term

Fall 2019

Course Type

Noncredit

Contact Hours

54

Outside of Class Hours

0

Total Student Learning Hours

54

Course Objectives

1. Improve gross motor skills
2. Develop perceptual motor skills;
3. Apply game rules through participation in class activities;
4. Develop lifetime fitness goals
5. Create a healthy nutrition plan

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- Not Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: The instructor will review student nutritional plan and provide feedback.
- Skill Demonstrations
 - Example: Students will verbally and physically demonstrate knowledge and rules of games, such as basketball.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. The instructor will demonstrate proper technique to shoot a basketball, followed by dividing students into small groups to practice the technique of shooting a basketball.
2. During participating in activities, the instructor will outline game rules and provide feedback and instruction to correct mistakes.

Distance Learning

1. Discussion by the instructor on the lifetime fitness goals. The students discuss the goals in small groups.
2. Instructor will lead a discussion on game rules.

Typical Out of Class Assignments

Reading Assignments

1. Read instructor provided material on nutrition and be prepared to discuss in class.
2. Read the rules of the game being taught and be prepared to explain the rules of the games in class.

Writing, Problem Solving or Performance

1. Students will create a nutritional log for a period of one week and write a one page paper discussing their findings about their eating habits and plans to change any negative patterns they may have discovered.

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

1. Students will write a monthly report outlining their eating patterns and use them to assess their nutritional plan.
2. Students will write a 4 week workout protocol for a person with disabilities and explain their choices.

Required Materials

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

Instructor handouts as appropriate.