

**I. CATALOG DESCRIPTION:**

- A. Department Information:  
Division: Physical Education, Athletics & Health  
Department: Physical Education  
Course ID: PE/I 188 X 4  
Course Title: Adapted Physical Education: Fitness and Conditioning  
Units: 1  
Lecture: None  
Lab: 3 Hours  
Prerequisite: None
- B. Catalog and Schedule Description:  
This course is designed for students with disabilities to improve range of motion, muscular strength, and cardiovascular endurance. A completed adapted P.E. physical form, obtained from either the instructor or DSPS, is required prior to participation in this class.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four**

**III. EXPECTED OUTCOMES FOR STUDENTS**

**Upon successful completion of level one of this course, the student should be able to:**

- A. Identify the basic components of fitness
- B. Demonstrate 3 stretching exercises within personal limitations
- C. Demonstrate correct form within personal limitations on 3 resistance machines
- D. Demonstrate proper breathing techniques while using resistance machines
- E. Perform one aerobic exercise for 15 minutes without stopping (as personal limitations allow)
- F. Design and execute a beginning level fitness routine within personal limitations

**Upon successful completion of level two of this course, the student should be able to:**

- A. Demonstrate 5 stretching exercises within personal limitations
- B. Demonstrate correct form within personal limitations on 5 resistance machines
- C. Perform one aerobic exercise for 20 minutes without stopping (as personal limitations allow)
- D. Design and execute a low intermediate level fitness routine within personal limitations

**Upon successful completion of level three of this course, the student should be able to**

- A. Demonstrate correct form within personal limitations on 7 resistance machines
- B. Demonstrate the ability to sustain 20-minute aerobic workouts on two pieces of cardio fitness equipment (as personal limitations allow)
- C. Design and execute a high intermediate level fitness routine within personal limitations

**Upon successful completion of level four of this course, the student should be able to:**

- A. Demonstrate correct form within personal limitations on 10 resistance machines
- B. Demonstrate the ability to sustain 25 minute aerobic workouts on two pieces of cardio fitness equipment (as personal limitations allow)
- C. Design and execute an advanced level fitness routine within personal limitations

**IV. CONTENT:**

- A. Introduction
  - 1. Fitness Center policies
- B. Safety
  - 1. Precautions
  - 2. Stretching

- 3. Breathing
- 4. Machine adjustment
- 5. Control of weights
- 6. Balance
- C. Flexibility
  - 1. Static stretching
  - 2. Ballistic stretching
- D. Cardiovascular fitness
  - 1. Target heart rate
  - 2. Cardiovascular equipment
  - 3. Frequency and duration
- E. Muscular strength activities
  - 1. Strength machines
  - 2. Free weights
- F. Nutrition
  - 1. Carbohydrates
  - 2. Proteins
  - 3. Fats
  - 4. Hydration
- F. Designing a fitness program
  - 1. Components of fitness
  - 2. Mental aspects

**V. METHODS OF INSTRUCTION: (Please check all that apply and add any additional not listed)**

- Lecture
- Class and/or small group discussion
- Critical evaluation of texts, newspapers, journal articles, and other printed research
- Critical evaluation of films, videotapes, audiotapes, or other media forms
- Classroom demonstrations
- Field trips
- Guest speakers
- Other:
- Other:

**VI. TYPICAL OUT-OF-CLASS ASSIGNMENTS:**

- A. Reading Assignment. Reading assignments are required and may include (but are not limited to) the following: After reading a journal article on fitness training, discuss in small groups the value of nutrition and hydration.
- B. Writing Assignment. Writing assignments are required and may include (but are not limited to) the following: Write a 2-page paper identifying the various safety precautions one should take before beginning a fitness program.
- C. Critical Thinking Assignment. Critical thinking assignments are required and may include (but are not limited to) the following: Design a personal fitness program within your personal limitations to increase muscular strength and cardiovascular endurance.

**VII. EVALUATION:**

A student's grade will be based on multiple measures of performance and will reflect the objectives explained above. A final grade of "C" or better should indicate that the student has the ability to successfully apply the principles and techniques taught in this course. These evaluation methods may include, but are not limited to, the following (Please check all that apply, and add additional not listed):

- Portfolios

- Projects
- Written papers or reports
- Presentations (oral and visual)
- Work performance (internships or field work)
- Lab work
- Comprehensive examinations (cumulative finals or certifications)
- Peer evaluation
- Self evaluation
- Classroom participation
- Homework
- Other
- Other

**VIII. TYPICAL TEXT(S):**

- A. Pasternak, Harley and Boldt, Ethan. Five Factor Fitness. Putnam Adult, 2004.
- B. Sharkey, Brian. Fitness and Health. Human Kinetics, 2002.
- C. Dahm, Diane. Mayo Clinic Fitness for Everybody. Kensington Publishing Corporation, 2005.

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS:**

- A. Workout shoes, shirt, and pants or shorts