# KINS 81: INTRODUCTION TO ADAPTIVE FITNESS

## Foothill College Course Outline of Record

| Heading | Value |
|---|---|
| **Effective Term:** | Summer 2023 |
| **Units:** | 4 |
| **Hours:** | 4 lecture per week (48 total per quarter) |
| **Advisory:** | Not open to students with credit in SPED 50. |
| **Degree & Credit Status:** | Degree-Applicable Credit Course |
| **Foothill GE:** | Non-GE |
| **Transferable:** | CSU |
| **Grade Type:** | Letter Grade Only |
| **Repeatability:** | Not Repeatable |

## Student Learning Outcomes

- A successful student will be able to formulate a comprehensive exercise program for a specific disabled client
- A successful student will be able to Identify and assess the challenges presented in a fitness setting.

## Description

Introduces fitness professionals to the information and skills necessary to work with the disabled and/or older adult client in an adaptive fitness setting. Provides history and overview of adaptive fitness. Includes overview of specific disabilities. Addresses fundamentals and benefits of adaptive fitness, basic anatomy, muscles and movement, contraindicated exercises, and assessment techniques. Will also include exercise program design.

## Course Objectives

The student will be able to:

1. Discuss the history and an overview of adaptive fitness
2. Define and discuss information regarding specific disabilities
3. Summarize the fundamentals and benefits of adaptive fitness
4. Identify and understand basic surface anatomy
5. Discuss and evaluate muscles and movements while performing basic exercises
6. Identify appropriate assessment techniques
7. Distinguish contraindicated exercises
8. Design an adaptive fitness program

## Course Content

1. History and overview of adaptive fitness
    a. Section 504 of the Rehabilitation Act
    b. From adapted physical education to adaptive fitness
    c. How improved fitness can foster improved quality of life
    d. Changes that a disabling condition has on a individual's life
2. Specific disabilities
    a. Metabolic conditions
        i. Diabetes
        ii. Obesity
    b. Cardiovascular and respiratory conditions
        i. Heart disease
        ii. Asthma
        iii. COPD
    c. Neurological conditions
        i. Multiple sclerosis
        ii. Parkinson disease
        iii. Stroke
        iv. Spinal cord injury
    d. Orthopedic conditions
        i. Arthritis
        ii. Joint replacements
        iii. Osteoporosis
        iv. Low back conditions
3. Fundamentals and benefits
    a. Improvement in movement and mobility
    b. Reduced risk factors for chronic conditions
    c. Lessened symptoms related to mental health issues
    d. Enhanced self efficacy
    e. More productive member of society
4. Basic surface anatomy
    a. Upper extremity
    b. Torso/back
    c. Hip/pelvic
    d. Lower extremity
5. Muscle and joint movement
    a. General anatomical movements, joint stability
    b. Location of major surface anatomy
    c. Interaction of muscles in movement
    d. Muscles and movements when performing exercises
6. Assessment techniques
    a. Flexibility
    b. Cardiovascular endurance
    c. Muscle strength
    d. Muscle endurance
    e. Balance
    f. Coordination
    g. Posture
7. Contraindicated exercises
    a. Dos and don'ts
    b. Exercise rationale
    c. Safety considerations
8. Design an adaptive program
    a. Flexibility
    b. Cardiovascular endurance
    c. Muscle strength
    d. Muscle endurance
    e. Balance
    f. Coordination
    g. Posture

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

1. Multimedia classroom.
2. Classroom accessible to the disabled.
3. When taught via Foothill Global Access, on-going access to computer with email software and hardware; email address.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Class participation
Oral presentation of case study
Oral and written quizzes, midterm exam
Written case study

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
Discussion
Cooperative learning exercises
Field work
Oral presentations
Demonstrations

## Representative Text(s) and Other Materials

Winniick, Joseph. Adapted Physical Education and Sport, 7th ed.. 2021.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. The student will complete a comprehensive case study about a client, discussing all aspects of the client. The case study will be an overview of a client that the student worked with, from the physiology and dysfunction of the condition to the psycho/social aspects of the client. Confidentiality will be respected regarding the client in the case study

## Discipline(s)

Physical Education (Adapted): Disabled Student Programs and Services