

# KINS 82: APPLIED PRINCIPLES OF ADAPTIVE FITNESS

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2021
<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	Not open to students with credit in SPED 54.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade Only
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- A successful student will be able to demonstrate safe and effective assessment techniques for various chronic conditions.

## Description

Focuses on skills necessary for adaptive fitness professionals to implement an adaptive exercise program for persons with disabilities and chronic medical conditions. This course covers a full range of chronic conditions seen in the adult population from orthopedic conditions to neurological. Addresses assessment of physical dysfunctions and appropriate corrective exercises as well as contraindicated movements.

## Course Objectives

The student will be able to:

- Explain basic pathology of common chronic conditions
- Demonstrate safe and effective assessment techniques for various chronic conditions
- Apply safe and appropriate adaptive exercise program
- Demonstrate recognition of contraindicated exercises

## Course Content

- Explain basic pathology and etiology of common chronic conditions
  - Metabolic conditions
    - Diabetes
    - Obesity
  - Cardiovascular and respiratory conditions
    - Heart disease
    - COPD
    - Asthma
  - Neurologic conditions
    - Stroke
    - Multiple Sclerosis
    - Parkinson Disease
    - Spinal cord injuries
  - Orthopedic conditions
    - Arthritis (osteo or rheumatoid)

- Joint replacements
  - Low back conditions
- Demonstrate effective assessment techniques
    - Flexibility
    - Cardiovascular endurance
    - Muscular strength
    - Muscular endurance
    - Balance
    - Coordination
  - Apply safe and appropriate exercise program
    - Considerations and adaptations for each specific condition
  - Recognition of contraindicated exercises

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

- Multimedia classroom.
- Accessible classroom.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

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

- Oral presentation of a term paper (comprehensive therapeutic exercise program for a chronic condition)
- Submit a written 2-3 page paper on a chronic condition
- Perform a health intake of a client
- Perform an assessment of a client

## Method(s) of Instruction

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

- Lecture
- Discussion
- Cooperative learning exercises
- Distance learning

## Representative Text(s) and Other Materials

Williamson, Peggy. *Exercise for Special Populations*. 2010.

Knopf, Karl. *Principle of Therapeutic Exercise*. 2012.

Although these texts are older than the "5 years or newer" standard they remain seminal texts in the area of study.

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

The student will complete a comprehensive written case study about a client addressing all aspects of the condition. The case study will be an overview of the client from health history intake to program design. Confidentiality protocols will be observed.

## **Discipline(s)**

Physical Education (Adapted): Disabled Student Programs and Services