

KINS 82: APPLIED PRINCIPLES OF ADAPTIVE FITNESS

Foothill College Course Outline of Record

| Heading | Value |
|-------------------------|--|
| Effective Term: | Summer 2021 |
| Units: | 4 |
| Hours: | 4 lecture per week (48 total per quarter) |
| Advisory: | Not open to students with credit in SPED 54. |
| 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 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