KINS 84: FUNCTIONAL FITNESS & ADAPTIVE MOVEMENT

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2021
Units:	3
Hours:	3 lecture per week (36 total per quarter)
Advisory:	Not open to students with credit in SPED 56.
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 interpret the role a functional fitness exercise program plays in the improvement of an individual's daily living activity.
- A successful student will be able to create a functional assessment tool for specific chronic conditions.

Description

Explores the theories of functional fitness. Assists students to identify chronic conditions and then assess and formulate a functional exercise program. Role that functional exercise plays in improving daily living skills. Explanation of the different types of equipment used for functional exercise.

Course Objectives

The student will be able to:
A. interpret the role functional fitness plays in improving chronic condition
B. evaluate basic concepts to design a adaptive exercise program
C. create a functional fitness assessment for a chronic condition
D. formulate treatment plans for specific conditions
E. discuss how functional fitness exercise can help improve daily living skills
F. demonstrate the type of equipment used in a functional exercise program

Course Content

A. Interpreting the role functional fitness plays in improving chronic conditions
1. Traditional vs. functional exercise practices
2. Medical fitness centers vs. gyms
B. Evaluate basic concepts to design an adaptive exercise program
1. Goal setting
2. Health intake
3. Medical referrals/recommendations
4. Pre-/post-assessment
C. Create a functional fitness assessment for a client
1. Assemble a health history
2. Describe the condition
3. Explain contra-indications for the condition
4. Include components of fitness needed for the condition
a. Flexibility
b. Strength and muscular endurance
c. Cardiovascular endurance
d. Balance and coordination
D. Formulate treatment plans for specific conditions
1. Orthopedics
a. Shoulder
b. Upper and lower back
c. Hip joint
d. Knee joint
e. Arthritis
2. Neurological
a. Head injuries
b. Spinal cord injuries
c. Multiple sclerosis
d. Parkinson disease
3. Cardio-respiratory disorders
a. Heart disease
b. Chronic obstructive pulmonary diseases
4. Metabolic disorders
a. Diabetes
b. Obesity
E. Discuss how functional fitness exercise can help improve daily living skills
1. Getting up and down from a chair
2. Climbing stairs
3. Walking
F. Demonstrate the use of equipment used in a functional exercise program
1. Stability balls
2. Medicine balls
3. J-cords and bands
4. Free weights
5. Balance apparatuses

Lab Content

Not applicable.

Special Facilities and/or Equipment

A. Multimedia classroom
B. Accessible classroom
C. 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:

Participation in classroom discussions
Demonstration of skills and assessments tools
Case study on a client describing functional limitation and corrective exercises for that condition
Completion of the learning activities from the textbooks

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

Knopf, Karl. Principles of Fitness Therapy. 2012.

Knopf, Karl. Functional Aspects of Adaptive Fitness. 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

A. Complete the study questions in the textbook
B. Submit a written a case study
C. Oral presentation of term project
D. Submit health history assessment forms

Discipline(s)

Physical Education (Adapted): Disabled Student Programs and Services