

PHDA 18: INDIVIDUALIZED EXERCISE FOR SPECIAL POPULATIONS

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 62X.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Student will be able to identify three of the primary components of fitness program.
- Students will be able to identify and discuss how this class has improved their level of fitness, health and well being.

Description

Cardiovascular endurance, muscular endurance and strength, flexibility, balance and coordination activities, motor skills, as appropriate. Emphasis on adapting and developing an exercise program to meet individual needs and goals.

Course Objectives

The student will be able to:

- compare and contrast the variety of fitness equipment available as it relates to cardiovascular fitness and muscular fitness, and determine appropriateness for the individualized exercise plan of the student.
- identify and describe the components of a comprehensive exercise program.
- identify contraindications to exercise for the physical limitations of the student, and list appropriate alternatives.
- identify contraindicated exercises and describe appropriate alternatives to each exercise.

Course Content

- Development of individualized exercise program
- Body mechanics
 - Posture
 - Spinal stabilization/neutral spine
- Components of a comprehensive exercise program
 - Cardiovascular endurance
 - Muscular strength and endurance
 - Flexibility

- Balance
- Functional movement
- Equipment utilization
- Contraindicated exercises

Lab Content

- Warm-up activities
- Cardio/respiratory conditioning
- Muscular development
- Flexibility

Special Facilities and/or Equipment

Gymnasium with floor mats, weight and cardiovascular equipment.

Method(s) of Evaluation

- Pre- and post-activity measurements
- Written self-evaluation
- Measurable progress on SEC

Method(s) of Instruction

Laboratory, discussion, cooperative learning exercises.

Representative Text(s) and Other Materials

Fahey, Thomas. Basic Weight Training for Men and Women. 8th ed. McGraw-Hill Publishing, 2013.

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

Optional reading and writing assignments as recommended by instructor.

Discipline(s)

Physical Education (Adapted): Disabled Student Programs and Services