

PHDA 20: MODIFIED FUNCTIONAL FITNESS

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 66X.
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

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

Description

Exercises for improving activities of daily living. Emphasis on proper body mechanics, postures and movement patterns. Development of joint mobility, muscular strength, muscular endurance, balance, coordination and locomotion as it relates to daily activities.

Course Objectives

The student will be able to:

- describe and demonstrate proper body mechanics, postures and joint movements associated with activities.
- demonstrate improved ability to perform activities of daily living.
- demonstrate and discuss proper exercise for developing joint mobility, muscular strength, muscular endurance, balance, coordination and locomotion.
- evaluate functional ability to perform activity.

Course Content

- Development of individualized exercise program appropriate for the student's physical limitation and goals
- Demonstration of proper body mechanics, postures and movement patterns associated with specific activity
- Discussion of components of an fitness program, including joint mobility, muscle strength, muscle endurance, balance, coordination and locomotion
- Discussion of joint mobility, muscle strength, muscle endurance, balance, coordination and locomotion as it relates to proper movement application
- Evaluation of proper vs. improper body mechanics as it relates to joint mobility, muscle balance and injury prevention

Lab Content

During the periods of instruction the student will be:

- Demonstrating their skill in class by performing each exercise with awareness to posture and body alignment.

Special Facilities and/or Equipment

Gymnasium with floor mats, mirrors and gym equipment.

Method(s) of Evaluation

- Pre- and post-activity measurements
- Written self-evaluation
- Measurable progress on SEC
- Oral or written tests/quizzes

Method(s) of Instruction

Laboratory, demonstration, discussion, cooperative learning exercises.

Representative Text(s) and Other Materials

Liebenson, Craig. *Functional Training Handbook*. Wolters Kluwer, 2014.

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