

# PHDA 401: ADAPTED MOVEMENT

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	0
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Degree &amp; Credit Status:</b>	Non-Degree-Applicable Non-Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	None
<b>Grade Type:</b>	Non-Credit Course (Receives no Grade)
<b>Repeatability:</b>	Unlimited Repeatability

## Student Learning Outcomes

- Students will be able to identify the major components of a fitness plan.
- Students will understand the benefits of lifelong participation in physical activity.

## Description

This course is designed for students with disabilities. Provides personal instruction, addressing the individual needs of each student. Will focus on improving muscular strength and endurance, cardiovascular endurance, flexibility, balance and coordination. Will also promote the awareness and application of personal wellness through physical activity.

## Course Objectives

The student will be able to:

- Demonstrate proper technique of exercises.
- Perform appropriate muscular strength and endurance exercises for improving daily activities of life.
- Demonstrate exercises that improve balance and coordination.
- Perform basic flexibility exercises.
- Demonstrate the understanding of the benefits of lifelong participation in physical activity.

## Course Content

- Principles of fitness
  - Cardiovascular exercise
  - Muscular strength
  - Muscular endurance
  - Flexibility
  - Balance and coordination
- Application of exercise program
  - Proper breathing technique
  - Proper exercise technique
  - Proper body mechanics and posture
  - Range of motion
- Equipment
  - Dumbbells
  - Resistance bands
  - Medicine balls
  - J-cords

D. Benefits of participating in lifelong physical activity

- Heart disease
  - Cardiovascular exercise
  - Nutrition and diet
- Obesity
  - Cardiovascular exercise
  - Nutrition and diet
  - Mobility concerns
- Inactivity
  - Heart disease and stroke
  - Mobility concerns
  - Mental health
- Application of appropriate personal fitness program
  - Cardiovascular exercise development
  - Muscular strength and endurance development
  - Balance and coordination activities
  - Basic flexibility exercises
  - Recreational activities

## Lab Content

During the periods of instruction the student will be:

- Demonstrating proper warm up activities
- Demonstrating skill by performing each exercise with awareness and the application of proper technique

## Special Facilities and/or Equipment

Appropriate classroom for movement activity and appropriate chairs.

## Method(s) of Evaluation

- Written self-evaluation
- Measurable progress on SEC

## Method(s) of Instruction

Instructor discussion, demonstration and interaction

## Representative Text(s) and Other Materials

Instructor-prepared materials.

## 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