

PHED 408: AGILITY & EYE-HAND COORDINATION ACTIVITY FOR THE OLDER ADULT

Foothill College Course Outline of Record

| Heading | Value |
|-------------------------|--|
| Effective Term: | Summer 2021 |
| Units: | 0 |
| Hours: | 3 laboratory per week (36 total per quarter) |
| Degree & Credit Status: | Non-Degree-Applicable Non-Credit Course |
| Foothill GE: | Non-GE |
| Transferable: | None |
| Grade Type: | Non-Credit Course (Receives no Grade) |
| Repeatability: | Unlimited Repeatability |

Student Learning Outcomes

- A successful student will be able to identify and explain how the various components of this class contribute to their general health and wellness.
- A successful student will be able to demonstrate the proper technique and form for the exercises required for the class.

Description

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity through learning and participating in agility and eye-hand coordination activity. The physical and mental changes that occur later in life will be addressed.

Course Objectives

The student will be able to:

1. Participate in agility and eye-hand coordination activities
2. Demonstrate the basic training/methodology
3. Understand the social aspects of participating in various activities
4. Understand the benefits of lifelong participation in agility and eye-hand coordination activities

Course Content

1. Participation in agility and eye-hand coordination activities
 - a. Activities
 - i. Tennis
 - ii. Badminton
 - iii. Pickle ball
 - iv. Basketball
 - v. Table tennis
2. Demonstrate the basic training/methodology

- a. Muscular strength and endurance
 - b. Cardiovascular endurance
 - c. Flexibility
 - d. Specificity
 - e. Balance and coordination
 - f. Motor skills
3. Understand the social aspects of participating in various activities
 - a. Socialization
 - b. Confidence building
 - c. Team building
 - d. Trust
 4. Benefits of lifelong participation in agility and eye-hand coordination activities
 - a. Improved functional movement and mobility
 - b. Decrease in depression, anxiety and stress
 - c. Increase in energy and stamina
 - d. Improve self image, body image and confidence
 - e. Improved mental acuity
 - f. Improve sense of well being
 - g. Increased independence in daily living activities

Lab Content

During the periods of instruction the student will:

1. Demonstrate proper warm up activities.
2. Demonstrate skill by performing each exercise with awareness and the application of proper technique.

Special Facilities and/or Equipment

Appropriate gym space, indoor or outdoor space.

Method(s) of Evaluation

Pre- and post-activity measurements
Self evaluation

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

1. Optional reading and writing assignments as recommended by the instructor.

Discipline(s)

Physical Education