

C³ MANAGEMENT SYSTEM

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Adaptive Learning

ALAP 52 INTRODUCTION TO CONCEPTS OF PHYSICAL FITNESS FOR THE DISABLED

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ALAP 52 INTRODUCTION TO CONCEPTS OF PHYSICAL FITNESS FOR THE DISABLED Summer 2004

Two hours lecture-laboratory for each unit of credit.

.5 Units

Repeatability: Any combination of ALAP 52, 52X & 52Y may be taken a maximum of six times for credit.

Grading System: Letter

GE Status: Non-GE applicable

Degree Status: Applicable

Credit Status: Credit

Course Status: Active

Outline Status: Approved

Transferability: None

Honors Course:

Distance Learning: None

FSA Code: 0060 - ADAPTIVE P.E.

C.A.N:

T-CSU:

Seat Count:

Load Factor:

Budget Code:

1. Description -

Designed to develop an understanding of the concept of physical fitness and its components. Learn to measure and evaluate present level of physical fitness. Develop understanding and skill involved in injury prevention and first aid.

Prerequisite: Medically verified disability.

2. Expected Outcomes -

The student will be able to:

- A. define and discuss the components of physical fitness.
- B. discuss and demonstrate measurement and evaluation of physical fitness skills.
- C. discuss basic principles of nutrition.
- D. discuss and demonstrate injury prevention and basic first aid.
- E. discuss and prepare exercise prescription.
- F. recognize and discuss exercise prescription for a disabled individual.

3. Special Facilities and/or Equipment Needed -

None

4. Expanded Description of Course Content -

- A. Discussion and assessment of physical fitness components
 1. Cardiovascular fitness
 2. Muscular strength and endurance
 3. Flexibility
 4. Body composition
 5. Exercise modes
- B. Discussion and demonstration of measurement and evaluation skill for physical fitness
 1. Cardiovascular assessment
 - a. Risk factors/medical history
 - b. Resting HR
 - c. Target HR and PRE
 - d. Blood pressure
 2. Muscular strength and endurance assessment

3. Flexibility assessment
4. Body composition assessment
- C. Discussion of basic principles of nutrition
 1. Carbohydrates
 2. Protein
 3. Fat
 4. Label reading
- D. Discussion and demonstration of injury prevention and first aid skills
 1. Demonstrate proper exercise technique
 2. Demonstrate first aid and CPR skills
- E. Discussion and preparation of individual exercise prescription

5. Repeatability Criteria -

Measurable progress for course repetitions documented on Student Educational Contract (SEC), as determined by AB77. When course repeated, goals will be reinforced and skills increased.

6. Methods of Evaluation -

- A. Oral and written tests/quizzes
- B. Practical demonstration of skills
- C. Mid-term and final examination
- D. Measurable progress on SEC

7. Text(s) -

None

8. Disciplines -

Special Education

9. Method of Instruction -

Other:

10. Lab Content - No content**11. Honors Description -** No content**12. Examples of Required Reading and Writing Assignments -** No content

Course status: *Active*

Development status: Approved

Owner-Editor: nunezcori@foothill.edu

Edit History:

**Development
Comments:**

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Foothill College • 12345 El Monte Road • Los Altos Hills, California • 94022

(650) 949-7777