

C³ MANAGEMENT SYSTEM

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Adaptive Learning

ALAP 67 BALANCE & FUNCTIONAL MOVEMENT FOR THE DISABLED

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ALAP 67	BALANCE & FUNCTIONAL MOVEMENT FOR THE DISABLED	Winter 2009
Two hours laboratory for each half unit of credit.		.5 Units
Repeatability:	Any combination of ALAP 67 & 67X 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:	CSU	
Honors Course:	Distance Learning: None	
FSA Code:		
C.A.N:		
T-CSU:		
Seat Count:	30	Load Factor: .0333
		Budget Code: 221234

1. Description -

Balance training to enhance coordination, balance and neuromuscular function. Emphasis on enhancing functional movement, movement efficiency resulting in improved posture, and functional movement experiences.

Prerequisite: Medically verified disability.

2. Expected Outcomes -

The student will be able to:

- Describe functional movement and the relationship to balance training.
- Develop understanding of proprioception and how it relate to functional movement.
- Describe and demonstrate the elements of balance training.
- Discuss what affects balance
- Recognize and demonstrate an appropriate balance and functional movement training program.

3. Special Facilities and/or Equipment Needed -

Gymnasium with mirrors, balance bars, and gym equipment.

4. Expanded Description of Course Content -

- Development of individualized exercise program.
- Demonstration of appropriate functional exercises to improve balance.
- Discussion and demonstration of applications of static and dynamic balance.
- Discussion and demonstration of body and special awareness
- Components of a comprehensive balance and functional training program

5. Repeatability Criteria -

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

6. Methods of Evaluation -

- A. Pre and post activity measurements.
- B. Written self-evaluation.
- C. Measurable progress on SEC
- D. Oral or written tests/quizzes

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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