GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 02/22/2022

GCCCD Governing Board Approval: 03/08/2022

EXERCISE SCIENCE 002 – ADVANCED ADAPTED PHYSICAL EXERCISE

1. Course Number Course Title Semester Units

ES 002 Advanced Adapted Physical Exercise 1.0

Semester Hours

1 hour lecture: 16-18 hours 32-36 outside-of-class hours

1 hour laboratory: 16-18 hours 64-72 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

A “C” grade or higher or “Pass” in ES 001 or equivalent or specified skill competencies.

3. Catalog Description

Advanced physical exercise course designed for students with verified disabilities. Emphasis placed on muscular fitness through resistance exercises. Physical assessment, appropriate exercise equipment and personalized prescribed weight training programs will be developed Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

4. Course Objectives

The student will:

1. Appraise and contrast assets and their limitations.
2. Determine and facilitatesafe and proper techniques in use of and adaptation of various exercise equipment.

c. Distinguish and modify muscular strength, muscular endurance, and flexibility through personalizedweight training programs.

d. Evaluate and implement life-long sport and fitness activities.

e. Describe and utilize methods to increase individual adherence and enjoyment of regular exercise.

f. Develop and applyprinciples of physical fitness as well as health lifestyle choices and evaluate their impact on an individual's health.

g. Evaluate and adapt the role that muscular strength, endurance, and flexibility play relative to individual physical challenges.

5. Instructional Facilities

Resistance training room equipped with adequate air conditioning, appropriate apparatus and equipment with various straps and handles, chairs, table mats, mirrors, mats, computer, music and video.

6. Special Materials Required of Student

Appropriate fitness attire - full short-sleeved T-shirt, footwear and towel.

7. Course Content

1. Personalized exercise programs designed to meet the goals and objectives of specific physical disabilities and health conditions.
2. Proper use of exercise equipment and appropriate adaptation.

c. Perform exercise skillsof physical activities.

d. Pre and post fitness assessments.

e. Parameters of physical fitness as well as healthy life-style choices and their implications to life-long health.

f. Basic exercises for general body conditioning, physical fitness~~,~~ and life-long health.

8. Method of Instruction

a. Group and individual lecture

b. Visual and online instructional materials (DVD, video, fitness apps and software, and Canvas)

c. Student demonstration and performance

d. Instructor-led demonstration and activities

e. One-on-one instruction and consultation

f. Physiological assessments and monitoring

. 9. Methods of Evaluating Student Performance

1. Observation of daily motor skill acquisition and body mechanics of muscular strength, endurance, and flexibility.
2. Written final exam (knowledge and core)
3. Written self-evaluation assessments (i.e., fitness log)
4. Physiological self-evaluation of physiologic parameters for each class session (i.e., fitness log)
5. Pre and post fitness assessment~~s~~
6. Muscle strength (i.e., resistance training machine, barbells, and dumbbells)
7. Muscle endurance (i.e., push-ups, plank, and sit-ups)
8. Flexibility (i.e., back saver sits and reach)
9. Body Composition (i.e., bioelectrical impedance, skinfold calipers, girth measurements)
10. Health Measurements (i.e., resting heart rate, resting blood pressure, height/weight)
11. Evaluation of outside class assignments utilizing the course text.
12. Practical exams (biomechanical skill for resistance and cardio exercise)

10. Outside Class Assignments

1. Inclusion of at least one additional day of prescribed exercise to meet minimum frequency and training standards needed to gain fitness.
2. Weekly reading and practicing resistance and cardiovascular exercise theories and techniques.
3. Assignments based on course text.

11. Representative Texts

a. Representative Text(s):

Exercise Science and Wellness Department. *The Way to a Long and Healthy Life*. El Cajon, CA: Grossmont College, 6th Edition, 2017.

b. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

* 1. Demonstrate knowledge, skills, and appreciation of advanced adapted physical exercise.
  2. Identify the basic principles for maintaining an active and healthy life.