I. Description of Course:

1. Department/Course: PE - 397A3
2. Title: Adaptive Physical Education - Exercise
3. Cross Reference:
4. Units: 1
   - Lec Hrs: 
   - Lab Hrs: 3
   - Tot Hrs: 54.00
5. Repeatability: Yes Times: 5
6. Grade Options: Letter Grade, May Petition for Pass/No Pass (GP)

12. Catalog Description:
   This course is designed to meet the needs of the physically limited student in a physical education activity class. Individualized fitness and general exercises are utilized.

13. Class Schedule Description:
   Individualized course designed to meet physical needs of physically limited students. (Recommended for DSPS).

14. Counselor Information:
   This course is accepted for Associate Degree credit as well as CSU and UC general education credit. The course is designed to meet the needs of the physically limited student in a physical education program. Individualized fitness and general exercises are utilized.

II. Student Learning Outcomes
The student will:
1. Improve cardiovascular conditioning.
2. Demonstrate improved dexterity.
3. Develop compensatory strengths for existing limitations.
4. Increase body fitness, coordination and ambulation.

III. Course Outline:
A. Strength Group: Neck, Shoulders, Upper Arms and Upper Back
   1. Head lift
   2. Push-up
   3. Let down (alternate to push-up)
   4. Wall push
   5. Pulling up pole from seated position
   6. Pull-ups and half pull-ups
   7. Arm flexors with resistant tubing
8. Arm fling
9. Arm circles
B. Strength Group: Abdominal and Waistline
C. Strength Group: Hips, Lower Back, and Thighs
   1. Hop lift
   2. Seat-lift leg extension
   3. Side-lying leg lefts
   4. Side-lying double leg swing
   5. Swan (back extensions)
   6. Kneeling leg-lift series
   7. Stride leg cross-over
   8. Standing leg-lifts
   9. Slimmer bounce
D. Strength Group: Calves and Ankles
   1. Heel raises
   2. Sitting ankle flexion and extension
   3. Flat back squats
E. Endurance
   1. Stationary rebounder
   2. Stationary bicycle
   3. General aerobics
   4. Jumping rope
   5. Physical propulsion (ambulation)
   6. Stationary leg aerobics
   7. Fast walking
   8. Stair climbing
   9. Bench stepping
F. Motor Training and Balance
G. Flexibility Group: Back
   1. Pretzel (leg overs)
   2. Prone arch
   3. Back arch
   4. Cat back arch
H. Flexibility Group: Shoulders and Ankles
   1. Shoulder stretch
   2. Ankle stretch
I. Relaxation: Mental and Emotional
   1. Sit quietly
   2. Cross-legged sit with eyes closed
   3. Eyes closed cross-legged sit-tighten and relax arm and hand muscles
   4. Lying on the floor; roll from side to side and curl up
   5. Rag doll and totally body collapse
   6. Face and head relaxation

IV. Course Assignments:
   A. Reading Assignments
   B. Projects, Activities, and other Assignments
   C. Writing Assignments
V. **Methods of Evaluation:**
   A. Pre and post test skill evaluation.

VI. **Methods of Instruction:**
   A. Laboratory
   B. Demonstration

VII. **Textbooks:**
   - Recommended
   - Supplemental

VIII. **Supplies:**
   A. Appropriate exercise attire

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