

PE-1120: ADAPTED PHYSICAL EDUCATION

Cuyahoga Community College

Viewing: PE-1120 : Adapted Physical Education

Board of Trustees:

January 2021

Academic Term:

Fall 2021

Subject Code

PE - Physical Education

Course Number:

1120

Title:

Adapted Physical Education

Catalog Description:

Designed for students who have temporary or permanent physical limitations which prevent participation in current group fitness courses and desire to participate in an individualized program. Contact Faculty Coordinator for Physical Education for registration procedures.

Credit Hour(s):

1

Lecture Hour(s):

0

Lab Hour(s):

2

Other Hour(s):

0

Requisites

Prerequisite and Corequisite

Departmental approval: must be registered with Access Office.

Outcomes

Course Outcome(s):

Follow an individualize fitness plan designed with adaptations that enables them to participate in physical activities.

Objective(s):

1. Demonstrate knowledge and the proper usage of the various weight and aerobic equipment.
 2. Discuss heart risks and methods of reducing them through proper diet and exercise.
 3. Calculate initial, training, and recovery heart rate.
 4. Explain perceived exertion as a method of determining aerobic training zone.
 5. Explain the benefits of circuit training as they apply to cardiovascular fitness, muscle endurance, muscle strength, and body composition.
 6. Demonstrate improvement in physical fitness through individualized activities.
 7. Describe adaptations that will enable them to participate in physical activities.
 8. Demonstrate knowledge of activities that can be used for lifetime fitness.
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Methods of Evaluation:

1. Participation
2. Pre and post fitness assessments
3. Goal achievement

Course Content Outline:

1. Orientation
 - a. Facility layout
 - b. Proper equipment use
2. Health evaluation of individual students
 - a. Lifestyle evaluation
 - b. Stress index questionnaire
 - c. Nutrition assessment
3. Physical activity program designed specifically for individual students to be altered or changed depending on progress exhibited by student
 - a. Aerobic equipment
 - b. Weight equipment
 - c. Track
 - d. Circuit Training
4. FIT principle
 - a. Frequency of workout
 - b. Intensity of workout
 - c. Time/Duration of workout
 - d. Technique/Mode of workout

Resources

Chawansky, Megan. "Adapted Physical Activity Quarterly" *Routledge Handbook of Sport for Development and Peace*. 1. 37. Human Kinetics, 2020.

Horvat, Michael, Ronald V. Croce, Caterina Pesce, and Ashley Eason Fallaize. *Development and Adaptive Physical Education: Making Ability Count*. 6th . London:Routledge, 2019. March 7th.

Kelly, Luke E. "NCPEID National Consortium for Physical Education for Individuals with Disabilities" *Adapted Physical Education National Standards*. 3rd. Human Kinetics, 2020.

Kang, Sunyong, and Seungae Kang. *The Study on the Application of Virtual Reality in Adapted Physical Education*. Springer, 2018. February 22nd.

Ferrer, Michelle, and Ron Davis. *Adapted Physical Activity for Wounded, Injured, and 111 Military Personnel: From Military to Community*. 33. Palaestra, 2019.

Top of page

Key: 3487