



KINE 169 - Corrective Physical Education for TAs Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616694

Discipline(s)

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 169

Course Title Corrective Physical Education for TAs

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Adding recommended prep.

Units 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment 15

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course is designed to train assistants in the field of corrective physical education and to provide these students with actual experience in working with a wide variety of handicaps and abilities. The student will gain an understanding of the physical, mental, and social effects of physical education on the exceptional individual. The course will provide experience and training for students interested in pursuing a career in Physical Education, Corrective Therapy and Rehabilitative Physical Education.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

- Approval of Instructor.

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- Acquire skills needed to assist disabled students to safely engage in physical activity.
- Recognize the value of physical activity for diverse and multicultural student populations.
- Discuss the changing physiological, physical, and psychological needs of diverse students in relation to physical activity.

2. Course Objectives: Upon completion of this course, the student will be able to:

- To appreciate the special handicaps and limitations of some students.
- To understand the role of physical education related to the exceptional student.
- describe and demonstrate stretching exercises to maintain flexibility
- apply and demonstrate for improving strength and endurance through weight lifting
- demonstrate various fitness programs and ability to apply individual needs
- develop an awareness and understanding of the body and its structure, functions, and movements
- understand history and philosophy of physical education for the exceptional student
- identify causes of developmental levels, terminology associated with physical and emotional disabilities
- explore specific disorders
- experience Special Olympic activities
- implement exceptional games for the handicapped individual
- learn the materials, professional techniques and methods, terminology for the disabled
- M.

3. Course Content

- The Need for a Broader Concept of Fitness
- Evaluating Your Fitness Level
- Effects and Benefits of Exercises

- D. Exercises Principles, Techniques, and Precautions
- E. Individual Exercise Program
- F. Programs for Improvement in Posture and Low Back Problems
- G. Handling Stress and Tension
- H. Sport and recreational Activities for Fitness
- I. History and Philosophy of Corrective P.E.
- J. Mental Retardations
- K. Movement Education
- L. Perceptual Theory
- M. Gross and fine Motor Assessment
- N. Therapeutic Exercises
- O. Specific Disorders
 - a. Scoliosis
 - b. Lordosis
 - c. Kyphosis
 - d. Muscular Dystrophy
 - e. Spina bifida
 - f. Epilepsy
 - g. Mental Retardation
 - h. Amputee
 - i. Spinal Cord
 - j. Cardia
- P. Exceptional games for the Handicapped; wheelchair sports
- Q. Multi-handicapped; Sensory motor integration theory and practice
- R. Learning disabled; definition and characteristics rehabilitative physical education
- S. Organization of adaptive physical education programs, guidelines, funding, placement, liability
- T.

4. Methods of Instruction:

Lecture:

Other (Specify):

Other: Methods of instruction may include: Lecture: Short, informative talks to include pertinent subject matter. Discussion: Engage student oral participation in lectures.

Demonstration: Perform an exercise using safe, effective techniques. Activity: Performance of a series of exercises which support pertinent subject area.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Additional assessment information:

- Lab journal
- Lab reliability
- Written exams

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

- A. Reading Assignments
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- B. Writing Assignments

Required reading of text. The course is primarily based upon actual techniques used in dealing with Adaptive P.E. students.

Written exams required.

C. Other Assignments

As a laboratory type course, all student work is done primarily in the classroom.

Assigned readings from text; written completion of lab journal and written exams.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Karl Knopf
Title: Principles of Fitness Therapy
Publisher: Hunter Text
Date of Publication: 2005
Edition:

Book #2:

Author: Scott Powers, Stephen Dodd
Title: Total Fitness and Wellness
Publisher: -
Date of Publication: 2008
Edition: 5th

B. Other required materials/supplies.

- FOR CURRENT TEXT SEE TEXTBOOK ADOPTION FORMS ON FILE IN OFFICE OF INSTRUTCION
text required-see instructor