EL CAMINO COLLEGE

COURSE OUTLINE OF RECORD

I. Course Information

Course Acronym:* PE

Course Number:* 401

Descriptive Title:* Adapted Strength Training

Division: Health Sciences and Athletics

Department:* Physical Education

Course Disciplines: Physical Education

Catalog Description:*

This course is designed for students with disabilities and provides personalized strength training programs. Fitness terminology, training principles, and benefits from resistance exercise will be discussed. Major muscle groups will be identified with an understanding of their function and application to specific exercises.

Note: Letter grade or pass/no pass option.

Conditions of Enrollment:

Prerequisite:

Co-requisite:

Recommended Preparation:

Enrollment Limitation:

Course Length: Full Term

Hours Lecture (per week): 0

Hours Laboratory (per week): 3

Outside Study Hours:* 0

Total Course Hours:* 54

Course Units:* 1

Grading Method: Letter grade and Pass/No Pass

Credit Status: Credit, degree applicable

Transfer CSU: Yes **Effective Date:** Prior to July 1992

Transfer UC: Yes **Effective Date:** Prior to July 1992

General Education: ECC 5 - Health and Physical Education

Term: **Other:**

CSU GE: E - Lifelong Understanding and Self-Development

Term: **Other:**

IGETC:

Term: **Other:**

II. Outcomes and Objectives

A. Student Learning Outcomes (SLOs) **(The course student learning outcomes are listed below.)**
SLO revisions are completed via the SLO Change Form available on the College Curriculum Committee website.

Student Learning Outcomes:

1. Students will identify appropriate resistance exercises for specific muscle groups.
2. Students will describe various training principles and strategies to improve muscle endurance and muscle strength.
3. Students will describe the benefits of resistance exercise training.

B. Course Objectives **(The major learning objective for in this course are listed below.)**

Course Objectives:

1. Demonstrate proper resistance exercise techniques to prevent muscle substitution.

2. Differentiate the methodologies used in developing muscle strength, muscle endurance, and muscle power.

3. Distinguish the relationship of body positioning and gravity when performing exercises using free weights.

4. Recognize the different type of muscle actions in the development of a personalized fitness program.

5. Categorize the major muscle groups in reference to their location and function.

6. Design a personalized strength-training program that coincides with one's abilities and limitations.

7. Examine and explain the benefits of participating in a regular and purposeful resistance exercise program.

III. Outline of Subject Matter

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)
Example:

I. Main Topic (3 hours, lecture)
- **A. Sub topics**
- **B. Sub topics**
  - **1. Super sub topic**
  - **2. Super sub topic**

Major Topics:

I Introduction (3 hours, Lab)

A. Safety procedures

B. Operation of exercise equipment

C. Personalized exercise card

D. Documentation of measureable progress

E. Academic Accommodation Plan (AAP)

F. "Special Course" repeat petition

II Benefits of Resistance Exercise (6 hours, Lab)

A. Muscle strength and power

B. Muscle endurance

C. Body composition

D. Posture and physique

E. Bone density

F. Joint stability

G. Functional fitness

III Training Principles (8 hours, Lab)

A. Goal setting

B. Mode of exercise

C. Frequency of exercise

D. Intensity of exercise

E. Duration of exercise

F. Progression of exercise and rest

G. Modifications

H. Contraindications

I. Warm up and cool down

J. Breathing

IV Personalized Exercise Program and Equipment (37 hours, Lab)

A. Muscle groups and function

B. Stacked weight machine exercises

C. Dumbbell and cuff weight exercises

D. Elastic band and sport cord exercises

E. Medicine ball exercises

F. Manual resistance exercises

G. Isometric exercises

H. Core exercises

I. Active and active-assistive exercises

Total Lecture Hours: 0

Total Laboratory Hours: 54

Total Hours: 54

IV. Primary Method of Evaluation and Sample Assignments

A. Primary Method of Evaluation (choose one):

1) Substantial writing assignments

2) Problem solving demonstrations (computational or non-computational)

3) Skills demonstrations

Primary Method of Evaluation: Skills demonstrations

B. Typical Assignment Using Primary Method of Evaluation

Typical Assignment Using Primary Method of Evaluation: Demonstrate to the instructor the appropriate resistance exercises that will isolate the four rotator cuff muscles that provide function and stability for the shoulder joint.

C. College-level Critical Thinking Assignments

Critical Thinking

Assignment 1: Explain to instructor which resistance exercise for the quadriceps muscle group is most likely to enhance your ability to perform a sit to stand transfer.

Critical Thinking Assignment 2: On your personalized exercise card, keep track of your measureable progress relative to improvements with muscle endurance or strength. Document changes in sets, repetitions, and load relative to your fitness goals.

D. Other Typical Assessment and Evaluation Methods

Examples: **Class Performance, Objective Exam, Clinical Evaluation, Oral Exams, Completion, Other Exams, Embedded Questions, Performance Exams, Essay Exams, Presentation, Fieldwork, Quizzes, Homework Problems, Reading Reports, Journal kept throughout course, Term or Other Papers, Laboratory Reports, True/False, Matching Items, Written Homework, Multiple Choice, Other (specify)**

Other Evaluation Methods: Class Performance, Multiple Choice, Completion, Matching Items, True/False
Other (specify):
Personalized exercise card with notation of specific exercises, equipment utilization, and documentation of measurable progress.

V. Instructional Methods

Examples: **Lecture, Group Activities, Lab, Role play/simulation, Discussion, Guest Speakers, Multimedia presentations, Field trips, Demonstration, Other (specify)**

Instructional Methods: Demonstration, Discussion, Lecture

If other:

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. Work Outside of Class

Work Outside of Class:* Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

If Other:

VII. Texts and Materials

A. Up-to-date Representative Textbooks: Please use the following format(s):

Printed Text - Author, Title, Edition, Publisher, Year.
Digital Text (OER Text) - Author (last name first). Title. Edition or Version (if beyond 1st). Publisher, Publication year or Revision date. URL. License.
Sample: *Dillon, Dave. Blueprint for Success in College and Career. Version 1.3. Rebus Community, 2018. press.rebus.community/blueprint2/. Licensed under CC BY 4.0.*

If you wish to list a text that is more than 5 years old, please annotate it as a "discipline standard".

Multiple textbooks may be listed.

Up-To-Date Representative Textbooks:

B. Alternative Textbooks: Please use the following format(s): if applicable

Printed Text - Author, Title, Edition, Publisher, Year.

Digital Text (OER Text) - Author (last name first). Title. Edition or Version (if beyond 1st). Publisher, Publication year or Revision date. URL. License.

Sample: *Dillon, Dave. Blueprint for Success in College and Career. Version 1.3. Rebus Community, 2018. press.rebus.community/blueprint2/. Licensed under CC BY 4.0.*

If you wish to list a text that is more than 5 years old, please annotate it as a "discipline standard".

Multiple textbooks may be listed.

Alternative Textbooks:

C. Required Supplementary Readings

Required Supplementary Readings:

D. Other Required Materials

Other Required Materials:

VIII. Conditions of Enrollment

A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite:

Category:

Requisite course(s): List both prerequisites and corequisites in this box.

Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).

B. Requisite Skills: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite Skill:

Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable

C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite course:

Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).

D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite Skill:

Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable

E. Enrollment Limitations

Enrollment Limitations and Category:

Enrollment Limitations Impact:

Course Created by:	Mary Martin	**Date:**	02/01/1985
Original Board Approval Date:			
Last Reviewed and/or Revised by:	Mark Lipe	**Date:**	10/15/2021
Last Board Approval Date:			