

PROGRAM NAME: Adapted Physical Education Program

Degree/certificate options available:

PROGRAM MISSION

The Foothill College Adapted Physical Education Program offers students with diverse limitations the opportunity to participate in physical activity courses that are designed to fit individual needs and goals. Students who are disabled have the opportunity to achieve success within the psychomotor domain through the assistance and support of the Adapted Physical Education faculty and staff.

Communicating with each student's physician, the Foothill College instructor develops an individualized exercise program based on the physician's recommendations and the individual goals of the students.

EXPECTED STUDENT OUTCOMES

- 1) Identify and explain the components involved in a comprehensive fitness program.
- 2) Demonstrate the proper technique required within an individual fitness program.
- 3) Identify exercises that are considered contraindicated.
- 4) Compare and contrast contraindicated exercises vs. the appropriate alternatives.
- 5) Identify and recognize proper anatomical alignment and body mechanics as they pertain to specific exercises.
- 6) Identify the importance of each component involved in an exercise program.
- 7) Evaluate personal functional ability to perform specific activities.

INTENDED OR DIRECT OUTCOMES: Program-Specific Outcomes and Attributes Desired of Program Graduates			
PROGRAM CONTENT PROFICIENCIES/COMPETENCIES	Desired Attributes: What should a student be able to do upon graduation?	REQUIRED PROGRAM COURSES related to this outcome: Where do students acquire experience?	OUTCOME MEASURES — Evidence or Sample Demonstrating Deep Learning: How do we know what a student has achieved?
Knowledge of Physiology and Anatomy of exercise	<ul style="list-style-type: none"> - Identify major muscle groups and their movement functions. - Explain increased strength and endurance in major muscle groups. - Recognize types and uses of specific exercise and routines. - Compare and contrast the variety of fitness equipment available as it relates to the different components of fitness. 	ALAP 52, 60, 61, 62, 63, 64, 65, 66, 70, 71, 80	<ul style="list-style-type: none"> - Attendance - Class participation and performance - Individual Student Educational Contract - Personal assessment/student evaluation
Practical application	<ul style="list-style-type: none"> Perform a repertoire of exercises with correct body mechanics. - Formulate a personal exercise program. - Demonstrate and describe proper versus improper body mechanics of exercise. - Demonstrate and describe spine stabilization approaches of exercises. - Demonstrate and describe unit versus segmental spine motion. - Demonstrate appropriate versus inappropriate exercise techniques. - Recognize and demonstrate proper postural alignment. - Evaluate individual's ability to perform specific exercises. 	ALAP 52, 60, 61, 62, 63, 64, 65, 66, 70, 71, 80	<ul style="list-style-type: none"> - Attendance - Individual Student Educational Contract - Personal assessment/student evaluation
Personal Enrichment	<ul style="list-style-type: none"> - Increase knowledge of personal health and physical fitness - Implement control of personal health 	ALAP 52, 60, 61, 62, 63, 64, 65, 66, 70, 71, 80	<ul style="list-style-type: none"> Attendance - Individual Student Educational Contract

PROGRAM CONTENT PROFICIENCIES/ COMPETENCIES	Desired Attributes: What should a student be able to do upon graduation?	REQUIRED PROGRAM COURSES related to this outcome: Where do students acquire experience?	OUTCOME MEASURES — Evidence or Sample Demonstrating Deep Learning: How do we know what a student has achieved?
	and fitness program - Accept limitations imposed by physical health and exercise abilities - Improve self esteem and personal image - Improve individual health and physical fitness - Demonstrate improvement in individual health and physical fitness		- Personal assessment/student evaluation
CORE COMPETENCIES: Outcomes and Attributes Distinct to This Program			
Communication	<ul style="list-style-type: none"> Describe all components of a comprehensive exercise program. Discuss proper exercise technique Discuss and demonstrate body awareness Discuss and demonstrate proper postures and spine stabilization techniques. 	ALAP 52, 60, 61, 62, 63, 64, 65, 66, 70, 71, 80	<ul style="list-style-type: none"> Passing Grade Measurable Progress Personal Assessment
Computation	<ul style="list-style-type: none"> Demonstrate and discuss measurement and evaluation of physical fitness skills. Demonstrate measurable progress in an exercise program, as determined by an evaluation of individual baseline measurements. 	ALAP 52, 60, 61, 62, 63, 64, 65, 66, 70, 71, 80	<ul style="list-style-type: none"> Passing Grade Measurable Progress Personal Assessment
Creative, Critical & Analytical Thinking	<ul style="list-style-type: none"> Identify and explain major muscle groups involved in specific exercises Demonstrate and discuss proper technique of different exercises. Demonstrate and discuss the use of different exercise equipment. Demonstrate and discuss a comprehensive exercise program based on personal goals. Describe and discuss appropriate versus inappropriate exercises. Understand and explain the physiological and anatomical performance of exercises. 	ALAP 52, 60, 61, 62, 63, 64, 65, 66, 70, 71, 80	<ul style="list-style-type: none"> Passing Grade Measurable Progress Personal Assessment
Community/ Global Consciousness & Responsibility	<ul style="list-style-type: none"> Recognize and discuss exercises prescription for a disable individual. Perform a repertoire of exercises appropriate for individual's medical condition. Recognize, understand and discuss the physical limitations that may be presented due to an individual's physical mobility. Understand the relationship between health and wellness relevant to an individual's disability. 	ALAP 60, 61, 62, 63, 64, 65, 66, 70, 71, 80	<ul style="list-style-type: none"> Passing Grade Measurable Progress Personal Assessment