

# COURSE SYLLABUS

<b>LAST REVIEW</b>	Spring 2021
<b>COURSE TITLE</b>	Adaptive Physical Education
<b>COURSE NUMBER</b>	EXSC-0270
<b>DIVISION</b>	Math, Science, Business & Technology
<b>DEPARTMENT</b>	Exercise Science
<b>CIP CODE</b>	24.0101
<b>CREDIT HOURS</b>	3
<b>CONTACT HOURS/WEEK</b>	Class: 3
<b>PREREQUISITES</b>	None
<b>COURSE PLACEMENT</b>	None

## COURSE DESCRIPTION

This course is to prepare students majoring in physical education, recreation, sport management, special education, exercise science, and related disciplines. The student is acquainted with history and overview of adaptive physical education and sports, the organization and management of programs and an overview of various types of disabilities. Students will also learn about individual education programming, measurement and appraisal, behavior management, perceptual-motor development, and assistive devices.

## TEXTBOOKS

<http://kckccbookstore.com/>

## METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

## COURSE OUTLINE

- I. History, Legislation, and Professional Resources
  - A. Meaning of Adaptive Physical Education
  - B. Adapted Sport
  - C. History of Adapted Physical Education
  - D. Laws Important to Adapted Physical Education and Sport
  - E. Organizations

- II. Program Organization and Management
  - A. Programmatic and Curricular Direction
  - B. Administrative Procedures and Program Implementation
  - C. Program Evaluation
- III. Individual Education Programs
  - A. Students with Disabilities
  - B. Students with Disabilities by with unique needs
- IV. Measurement and Appraisal
  - A. Tests and Standards
  - B. Purpose of Measurement and Appraisal
  - C. Tests for Use in Adaptive Physical Education
  - D. Computer Software
- V. Affective Dimensions
  - A. Meaning of Affective Development
  - B. Self-Actualization Theory
  - C. Behavioral Orientations and Affective Development
  - D. Cooperative Play
- VI. Behavior Management Procedures
  - A. Behavioral Modification
  - B. Types of Reinforcers
  - C. Procedures to Increase and/or Decrease Behavior
  - D. Implementing Behavior Modification into Adaptive Physical Education Program
- VII. Perceptual-Motor Dimensions
  - A. Overview of Components
  - B. Visual Perceptual-Motor Development
  - C. Auditory Perceptual-Motor Development
  - D. Kinesthetic Perception
  - E. Tactual Perception
- VIII. Wheelchairs and Assistive Devices
  - A. Wheelchair Components
  - B. Wheelchair Assistance
  - C. Transfers
  - D. Wheelchair Design and Propulsion Techniques
  - E. Orthotic Devices
- IX. Teaching Styles and Approaches
  - A. Teaching Effectiveness and Approaches
  - B. Teaching Styles
  - C. Individualized Learning
  - D. Prescriptive Planning and Instructional Models

- X. Mental Retardation
  - A. Definition, Incidence, and Classification
  - B. Causes of Mental Retardation
  - C. Characteristics of Individuals with Mental Retardation
  - D. Test and Teaching Methods
  - E. Planned Programs and Special Olympics
  - F. Safety Factors
- XI. Learning Disabilities
  - A. Definition, Incidence, and Causes
  - B. Observable Behaviors and Problems
  - C. Approaches and Assessment of Learning Disabled Child
- XII. Behavioral Disabilities
  - A. Definition, Incidence, and Causes
  - B. Approaches and Instructional Considerations
- XIII. Sensory Impairments
  - A. Visual Impairments
  - B. Hearing Impairments
- XIV. Cerebral Palsy, Amputations, and Other Orthopedic Impairments
  - A. Cerebral Palsy
  - B. Amputation
  - C. Program Implications
  - D. Adapted Sports
- XV. Spinal Cord Impairments
  - A. Classification and Conditions
  - C. Implications for Physical Education
  - D. Adapted Sport Activities
- XVI. Other Health-Impaired and Non-Handicapped Student
  - A. Activity Injuries
  - B. Long-Term Disorders
  - C. Weight Control Problems
  - D. Diabetes Mellitus
  - E. Seizure Disorders
  - F. Asthma
  - G. Cancer
  - H. Cardiovascular Disorders
  - I. Acquired Immunodeficiency Syndrome
- XVII. Activities for Students with Unique Needs
  - A. Elementary Games and Activities
  - B. Developmental and Remedial Exercises and Activities
  - C. Rhythms and Dance
  - D. Aquatics
  - E. Team Sports

- F. Individual Sports
- G. Winter Sport Activities

### **COURSE LEARNING OUTCOMES**

Upon successful completion of this course, the student will:

- A. Be able to gain awareness of basic characteristics of disability groups and proper intervention techniques.
- B. Be able to present a rationale for adaptive physical education.
- C. Be able to illustrate the concept of mainstreaming, integration, and inclusion.
- D. Be able to gain insight regarding types of agencies/services that provide services to individuals with disabilities.
- E. Be able to identify tests and standards used in adaptive physical education.
- F. Be able to identify laws that impacted the field of adaptive physical education.
- G. Be able to develop guidelines for curriculum and programs.
- H. Be able to select specific activities appropriate for various types of individuals with disabilities.
- I. Be able to investigate resources that provide adaptive and assistive devices.
- J. Be able to identify and differentiate the components of the perceptual-motor process.

### **ASSESSMENT OF COURSE LEARNING OUTCOMES**

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

### **COLLEGE POLICIES AND PROCEDURES**

*Student Handbook*

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

*College Catalog*

<https://www.kckcc.edu/academics/catalog/index.html>

*College Policies and Statements*

<https://www.kckcc.edu/about/policies-statements/index.html>

*Accessibility and Accommodations*

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.