UNIVERSITY COLLEGE of the FRASER VALLEY

PAC FORM #2

COURSE IMPLEMENTATION DATE:[ ]

COURSE TO BE REVIEWED DATE:[ ]
(Four years after implementation date)

OFFICIAL COURSE OUTLINE INFORMATION

Students are advised to keep course outlines in personal files for future use.

Shaded headings are subject to change at the discretion of the department and material will vary - see course syllabus available from instructor

FACULTY/DEPARTMENT: **KINESIOLOGY AND PHYSICAL EDUCATION**

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COURSE NAME/NUMBER	FORMER COURSE NUMBER	UCFV CREDITS

EXERCISE AND SPECIAL POPULATIONS: ADAPTED

COURSE DESCRIPTIVE TITLE

CALENDAR DESCRIPTION:

A hands-on approach to current trends in the theory and practice in adapted physical activity and fitness. The focus will be on how to include and integrate individuals with disabilities into physical activity and fitness programs.

PREREQUISITES: KPE 190 and KPE 103

COREQUISITES: None

SYNONYMOUS COURSE(S)

(a) Replaces: N/A
(Course #)

(b) Cannot take N/A for further credit
(Course #)

SERVICE COURSE TO:

(Department / Program)

(Department / Program)

TOTAL HOURS PER TERM: 15

STRUCTURE OF HOURS:

Lectures:	9	hrs
Seminar:		hrs
Laboratory:		hrs
Field Experience:		hrs
Student Directed Learning:	6	hrs
Other (Specify):		hrs

TRAINING DAY-BASED INSTRUCTION

LENGTH OF COURSE:

HOURS PER DAY:

MAXIMUM ENROLMENT: 35

EXPECTED FREQUENCY OF COURSE OFFERING: Yearly

WILL TRANSFER CREDIT BE REQUESTED? **YES** **NO** X

TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE: **YES** **NO** X

AUTHORIZATION SIGNATURES:

Course designer(s): Alison Pritchard-Orr

Chairperson: *(Curriculum Committee)*

Department Head: Craig J. Chamberlin

Dean: K. Wayne Welsh

PAC Approval in Principle Date:

PAC Final Approval Date: March 29, 2000

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COURSE NAME / NUMBER

LEARNING OBJECTIVES / GOALS / OUTCOMES/ LEARNING OUTCOMES:

At the conclusion of this workshop, the student will:

1. Understand and appreciate the individual requirements of individuals with movement disorders such as those stemming from neurological disorders such as spinal cord injury, multiple sclerosis, cerebral palsy, and brain injury.
2. Understand and appreciate the individual requirements of individuals with neuromuscular disorders such as muscular dystrophy and post polio syndrome and musculoskeletal disorders such as arthritis and amputations.
3. Understand and appreciate the specific needs of metabolic disorders like diabetes as well as respiratory disorders such as asthma.
4. Understand some specific considerations in including individuals with mental disabilities into an exercise program.
5. Recognizing adaptations necessary and programming requirements for people with visual impairments.
6. Recognize some of the considerations and what may be contraindicated in designing exercise programs for people with disabilities. Examples include safety issues and the impact of certain medications on the exercising participant.
7. Understand the basic program planning factors which would assist in creating optimal fitness and activity programs. Examples include: leadership strategies, general exercise guidelines, and recognizing participant goals.

METHODS:

Lecture, group discussion, student lead instructional sessions, some field experience.

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR YES X NO

METHODS OF OBTAINING PLAR:

Transfer credit, challenge exams, or portfolio assessment.

TEXTBOOKS, REFERENCES, MATERIALS:

Course handout; selected readings.

SUPPLIES / MATERIALS:

STUDENT EVALUATION:

Practical instruction experience	50%
Fitness class lesson plan	50%

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COURSE NAME / NUMBER

COURSE CONTENT:

Introduction: Attitudes and Accessibility
Understanding Persons with Disabilities
Movement Disorders
Metabolic Disorders
Sports Classifications
Mental Handicaps
Visual Impairments