

KPE 282d

 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 CONTENT:

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