Objectives

1. To become acquainted with physical activity programs as they relate to individuals with temporary and permanent physically disabling conditions.

2. To become competent to organize and implement physical activity programs for individuals with physical disabilities in a regular physical education class.

3. To become knowledgeable about the variety of school and community programs available for individuals with physical disabilities.

Course Materials

1. Power Points on Blackboard
2. Booklet at Cal Copy Only (Required)
3. No text for class

I. Unit #1 – Introduction to Adapted Physical Education

A. History of Adapted Physical Education/Physical Activity

B. Philosophy of Corrective/Orthopedic Physical Education

C. Models: Educational versus Medical

D. Allied Therapies
   1. Physical, Occupational, Recreation, Kinieso Therapies
   2. Chiropractor, Physiatrist, etc.

E. Definition of Terms

F. Psychology of Disabilities
   1. Social Acceptability
2. Film: *Get it Together*

G. Recent Trends in Adapted Physical Education

1. Law and the handicapped: P.L. 94-142, Section 504 of
2. Rehabilitation Act, California Mater Plan
3. Placement in Physical Education
   (a) Least Restrictive Environment
   (b) Mainstreaming
   (c) Full Inclusion
4. Continuum of Services Model
5. Student Case Studies

II. **Unit #2 – Corrective Physical Education**

A. Corrective Terminology

B. Objectives of a Corrective Exercise Program

C. General Principles of Corrective Exercise

1. Overload Theory
2. Types of Exercise
3. Exercise Positions
4. Range of Motion
5. Stretching
6. Equipment

D. Corrective Programs

1. S.D.S.U., ENS 105 “Individual Applied”
2. College Programs
3. Community College Programs (Off Campus Programs)
4. Public School Programs (OH)
5. Others’ Community Based Programs
   (a) Recreation
   (b) ABI
   (c) Aquatics

E. Setting up an Exercise Program

1. Class Content
2. Medical/Personal Information, Forms
3. Exercise Selection
4. Transfers
5. Case Studies
E. Liability

1. General Terms
2. Legal Defenses
3. Case Studies
4. Insurance

III. Unit #3 – Specific Physical Disabilities, Etiology, Characteristics, Programs

A. Cerebral Palsy
B. Acquired Brain Injury (ABI)
C. Muscular Dystrophy
D. Multiple Sclerosis
E. Amputee
F. Epilepsy
G. Spinal Cord Injury (SPI)
H. Cardiovascular Disease & Health Related Conditions

1. Hypertension
2. Stroke

IV. - Posture Evaluation

A. General Considerations
   3. Posture Exam
   5. Range of Motion
B. Back Deviations: Lordosis, Kyphosis, Scoliosis
C. Head and Neck Problems
D. Chest Deviations
E. Hip and Leg Problems
F. Foot Deviations
G. Posture Lab (See Booklet)
Course Requirements

1. Three unit exams needed for a grade. NO make-ups on exams.

   A. Three unit exams covering class notes, text, and handouts
   B. Booklet: equal to one test. Four assignments plus a quiz on article (60 points total)
      1. Posture Lab – Must come on the day scheduled or no credit. This is part of the Booklet assignments
   C. Extra Credit in booklet due day of [posture exam only. NO EXCEPTIONS

2. Thus four grades needed to successfully complete the class. Booklet: assignment equal to one test.

3. Optional Final: Essay
   Used to raise your grade or as a make-up for missed test.

Grading
A = 92 or above
A- = 89.5 - 91.9
B+ = 85 - 89.49
B = 82 - 84.99
B- = 79.5 - 81.9
Etc.

Crashing Policy
If spaces are available: graduating seniors get first priority, after that, it is on a lottery basis.

Class Decorum
Once class has started all students are expected to only speak if they have questions. I will be glad to answer questions but do not expect or will tolerate rude behavior. If it occurs you will be asked to leave the classroom immediately. If it occurs a second time you may be removed from the class for a longer period of time. Cell phones should be in the off or vibrate mode. No ear pieces or I-pads for music. Thanks-you and have a great semester.

Academic Honesty
Individuals caught cheating receive a F grade in the course

Units Exams
No make-ups are given for missed unit tests. If you miss an exam you must bring or email Dr. Aufsesser a written reason within 2 school days or a grade of ZERO will be given. If you miss a unit exam you must take the final as a make-up.
Office Hours
Posted, other appointment times may be made with the instructor.

Please use email on this syllabus to contact me, not the one on Blackboard