

Imperial Valley College
PHYSICAL EDUCATION 800
Course Syllabus
FALL 2013

P.E. 800 (Non-Credit)
Course Number: 12014
Exercise for Developmentally Disabled

Instructor: Ms. Patricia Ureña
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Office: 760-337-4556

Class Schedule: Monday & Wednesday
Class Time: 12:15 pm – 1:45 pm
ROOM: IVC GYM-Dance Room
August 19th – December 4th, 2012

Course Description: Students must submit a signed medical release form from their physician. Students must have sufficient strength and ability to safely participate in an exercise program and must exhibit appropriate social behavior. The course is designed to meet the specific needs of the adult with a developmental disability who needs assistance and guidance in participating in an exercise program to improve strength, cardio-vascular endurance, and flexibility in order to improve the functional abilities which precludes their participation in general or adaptive PE classes designed for the general student body.

Course Requirements: Tennis shoes, exercise clothing. No Jeans or sandals inside gym room.

Course Objectives:

1. Participate in learning how to make exercise fun and safe.
2. Learn new workout routines with the use of music and weights.
3. Learn how to become healthier with nutrition education.
4. Learn how to use exercise equipment.
5. Learn about alternate programs for people with disabilities.

Course Outline:

Week 1 Aug. 19th & 21st

Introduction to PE 800

Week 2- Aug. 26 & 28 th	Work on Cardiovascular Endurance
(No class Monday, September 2, 2013 Labor Day)	
Week 3- Sept. 4 th	Music Exercise/Cardio Endurance
Week 4- Sept. 9 th & 11 th	Arm and Leg Exercise/Cardio
Week 5- Sept. 16 th & 18 th	Nutrition and Exercise
Week 6- Sept. 23 rd & 25 th	Muscular Strength Exercise
Week 7- Sept. 30 th & Oct. 2 nd	Body Weight and Walking program
Week 8- Oct. 7 th & 9 th	Cardiovascular Exercise/Music
Week 9- Oct. 14 th & 16 th	Strength Training Program
Week 10- Oct. 21 st & 23 rd	Exercise assignment
Week 11- Oct. 28 th & 30 th	Exercise performance and Midterm
Week 12- Nov. 4 th & 6 th	Basics in walking and running
(No class Nov. 11th, Veterans Day)	
Week 13- Nov. 13 th	Walk & run exercises
Week 14- Nov. 18 th & 20 th	Nutrition and Walking
Week 15- Nov. 25 th & 27 th	Weigh ins/Cardio Exercise
Week 16- Dec. 2 nd & 4 th	Finals- Exercise routine

NO FOOD OR DRINKS ALLOWED IN THE DANCE ROOM!! WATER ONLY!!

Students a reminder to take all your belongings after class.