

Basic Course Information

Semester:	Fall 2020	Instructor Name:	Ms. Patricia Urena
Course Title & #:	Exercise for the Developmentally Disabled	Email:	Pat.urena@imperial.edu
CRN #:	22023	Webpage (optional):	
Classroom:	738 IVC Gym Dance floor	Office #:	760-337-4556
Class Dates:	02/18/2020-06/11/20	Office Hours:	None
Class Days:	Tuesday and Thursday	Office Phone #:	760-595-5226
Class Times:	12:15 noon – 1:35 pm	Emergency Contact:	
Units:	Pass/Fail		

Course Description

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, cardiovascular endurance, and flexibility in order to improve the functional abilities which facilitate independence. This course is designed for people with substantial cognitive disabilities which precludes their participation in general or adaptive PE classes designed for the general student body.

Student Learning Outcomes

Students will be able to:

1. With coaching, student will demonstrate appropriate warming and cooling down techniques in aerobic training.
2. With coaching, student will demonstrate four exercises to increase aerobic fitness.
3. With coaching, student will demonstrate four appropriate strength training exercises.
4. With coaching, student will demonstrate four appropriate flexibility exercises.
5. With coaching, student will demonstrate three range of motion exercises for the upper body.
6. With coaching, student will demonstrate three range of motion exercises for the lower body.
7. Student will demonstrate appropriate and safe use of adaptive and cycling exercise equipment.
8. Student will learn about nutrition and healthy eating before and after a workout.

Course Objectives

[Required language: Use from [CurricUNET](#) course outline of record.]

- Aerobics – Knowledge of aerobic training principles and stretching exercises
- Strength training – Knowledge of and participation in strength training using weights

- Flexibility – Participation in flexibility training
- Range of motion – Knowledge and participation in range of motion activities
- Equipment usage – Knowledge and demonstration of proper use of adaptive equipment
- Health and Wellness – Participation in healthy eating and proper nutrition

Textbooks & Other Resources or Links

Special Olympics Southern California – Healthy Athletes information, Sports Competition and how to become a member of Special Olympics – SOSOC.org

Course Requirements and Instructional Methods

Course requirements:

Participation, pre and post-testing of specific exercise principles using developmentally appropriate measurement instruments, instruction observation, and data collection from classroom activity to determine progress in meeting course objectives. Instructor will assess student’s use of adaptive PE equipment by observation. Appropriate social behavior will be evaluated by observation and documentation of inappropriate behavior.

Instructional Methods:

Lecture, demonstration, class discussion and group activity that includes nutritional recipes.

Out of Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement.

Course Grading Based on Course Objectives

[Required Information: Provide detailed information related to grading practices and grading scale, including values and totals. Consider adding final grade calculation, rubrics, late assignment policy, and other grading practices.]

<u>CORE CONTENT</u>	<u>APPROX. % OF COURSE</u>
Aerobics	25
Strength and training/nutrition Ed.	20
Flexibility	20
Range of motion	15
Equipment usage	10
Healthy eating and nutrition	10

Attendance

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

Classroom Etiquette

[Required Information: Describe your policies regarding classroom conduct. The below is suggested language and may be modified for your course.]

- **Electronic Devices:** Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- **Food and Drink** are prohibited in all classrooms. **Water bottles with lids/caps are the only exception.** Additional restrictions will apply in labs. Please comply as directed by the instructor.
- **Disruptive Students:** Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- **Children in the classroom:** Due to college rules and state laws, only students enrolled in the class may attend; children are not allowed.

Online Netiquette

[Required Information for web-enhanced, hybrid and online courses: Describe your policies regarding netiquette. The below is suggested language and may be modified for your course.]

- What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].

Academic Honesty

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the [General Catalog](#) for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

Additional Student Services

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available.

- **CANVAS LMS.** Canvas is Imperial Valley College's main Learning Management System. To log onto Canvas, use this link: [Canvas Student Login](#). The [Canvas Student Guides Site](#) provides a variety of support available to students 24 hours per day. Additionally, a 24/7 Canvas Support Hotline is available for students to use: 877-893-9853.
- **Learning Services.** There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your [Campus Map](#) for the [Math Lab](#); [Reading, Writing & Language Labs](#); and the [Study Skills Center](#).
- **Library Services.** There is more to our library than just books. You have access to tutors in the [Study Skills Center](#), study rooms for small groups, and online access to a wealth of resources.

Disabled Student Programs and Services (DSPS)

Any student with a documented disability who may need educational accommodations should notify the instructor or the [Disabled Student Programs and Services](#) (DSP&S) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6313. Please contact them if you feel you need to be evaluated for educational accommodations.

Student Counseling and Health Services

Students have counseling and health services available, provided by the pre-paid Student Health Fee.

- **[Student Health Center](#)**. A Student Health Nurse is available on campus. In addition, Pioneers Memorial Healthcare District provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6128 in Room 1536 for more information.
- **[Mental Health Counseling Services](#)**. Short-term individual, couples, family and group counseling services are available for currently enrolled students. Services are provided in a confidential, supportive, and culturally sensitive environment. Please contact the IVC Mental Health Counseling Services at 760-355-6310 or in the building 1536 for appointments or more information.

Veteran's Center

Student Equity Program

- The Student Equity Program strives to improve Imperial Valley College's success outcomes, particularly for students who have been historically underrepresented and underserved. The college identifies strategies to monitor and address equity issues, making efforts to mitigate any disproportionate impact on student success and achievement. Our institutional data provides insight surrounding student populations who historically, are not fully represented. Student Equity addresses disparities and/or disproportionate impact in student success across disaggregated student equity groups including gender, ethnicity, disability status, financial need, Veterans, foster youth, homelessness, and formerly incarcerated students. The Student Equity Program provides direct supportive services to empower students experiencing insecurities related to food, housing, transportation, textbooks, and shower access. We recognize that students who struggle meeting their basic needs are also at an academic and economic disadvantage, creating barriers to academic success and wellness. We strive to remove barriers that affect IVC students' access to education, degree and certificate completion, successful completion of developmental math and English courses, and the ability to transfer to a university. Contact: 760.355.5736 or 760.355.5733 Building 100.
- The Student Equity Program also houses IVC's Homeless Liaison, who provides direct services, campus, and community referrals to students experiencing homelessness as defined by the McKinney-Vento Act. Contact: 760.355.5736 Building 100.

Student Rights and Responsibilities

Students have the right to experience a positive learning environment and to due process of law. For more information regarding student rights and responsibilities, please refer to the IVC [General Catalog](#).

Information Literacy

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC [Library Department](#) provides numerous Information Literacy Tutorials to assist students in this endeavor.

Anticipated Class Schedule/Calendar

Course outline for Spring 2020

Week 1	February 18 and Feb. 20	Introduction to PE 800/Basic Exercises Students review class schedule, school policies, basic stretches and cool down exercises.
Week 2	February 25 and 27	Work on stretching and proper use of weights Students will begin with an introduction of Cardio endurance by engaging in a 30 minutes low impact Exercise routine using music. Review Harvest of the month info regarding nutrition options.
Week 3	March 3 and March 5th	Cardio Endurance/Nutrition Ed Work on hand and forearm exercises and moderate walk/run cardio exercise. Measure heart rate
Week 4	March 10 and March 12	Arm and Leg Exercise/Cardio Students will start with 2 lb. or 3 lb. weights. Work on repetitions and floor exercises.
Week 5	March 17 and March 19	Introduction to adaptive equipment Discuss how to use treadmill, bicycles and other adaptive equipment.
Week 6	March 24 and March 26	Nutrition Ed/ Exercise/Check weight Work on Nutritional calendar/check weight/ go over book entries regarding exercise progress.
Week 7	March 31 and April 1	Muscular Strength/ Exercise/Dance Warm up upper and lower body with music, stretches for legs and arms.
Week 8	April 7 and April 9	Walking program/Exercise How to use the track to prepare for walking program. Measure your progress one mile walk
Week 9	Spring Break April 14 and April 16	
Week 10	April 21 and April 23	Cardio and Floor Exercises Work on ab muscles/repetitions/leg stretches and run in place for cardio.
Week 11	April 28 and April 30	Running and leg exercise Practice running in place, work on leg stretches, lunges, and cardio exercise.
Week 12	May 5 and May 7	Leg and arm movement

Students will work on arm and leg exercises with three repetitions.

Week 13	May 12 and May 14	Upper Back, Shoulder Exercise
		Students will work on back and shoulder muscles and cardio exercises.
Week 14	May 19 and May 21	Walking program/track
		Students will work on 1 mile run/walk. Stretching exercises at Track.
Week 15	May 26 and May 28	Practice for final test
		Work on floor exercises, cardio and strength exercises using proper form and weights
Week 16	June 2 and June 4	Exercise Testing
		Work on exercises students will be performing for final. Students will chose three exercises.
Week 17	June 9 and June 11	Nutrition and Exercise program/Finals
		Work on final exercises, nutrition plan, and perform arm, leg, cardio, and upper/lower body exercises.

*****Tentative, subject to change without prior notice*****