

Basic Course Information

Semester:	Fall 2023	Instructor Name:	Ms. Patricia Urena
Course Title & #:	Exercise for the Developmentally Disabled- PE 800	Email:	Pat.urena@imperial.edu
CRN #:	12040	Webpage (optional):	
Classroom:	755 IVC Gym	Office #:	760-337-4556
Class Dates:	08/15/2023-12/07/2023	Office Hours:	None
Class Days:	Tuesday and Thursday	Office Phone #:	760-595-5226
Class Times:	11:30 am – 12:45 pm	Emergency Contact:	760-337-4555 office
Units:	Pass/No Pass		

Course Description

This course is intended 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 for people with substantial intellectual disabilities, which precludes their participation in general PE classes designed for the general student body. Student will work at their own capacity and will have an opportunity to learn new nutritional and healthy eating recipes.

Student Learning Outcomes

Students will be able to:

1. With coaching, student will demonstrate appropriate warming and cooling down techniques in aerobic and cardio training.
2. With coaching, student will demonstrate two exercises to increase cardio fitness.
3. With coaching, student will demonstrate two appropriate strength training exercises.
4. With coaching, student will demonstrate two 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 exercise equipment.
8. Student will learn and demonstrate appropriate social behavior for an exercise environment.

Course Objectives

- Aerobics – Knowledge of an participation in aerobic training principles
- Strength training – Knowledge of and participation in strength training principles
- Flexibility – Knowledge and participation in flexibility training
- Nutrition – Introduction to healthy meals and healthy recipes.
- Equipment usage – Knowledge and demonstration of proper use of adaptive equipment

Social skills – Knowledge and demonstration of appropriate social skills in a group setting

Textbooks & Other Resources or Links

Special Olympics Southern California – Healthy Athletes information, Sports Competition and how to become a member of Special Olympics – SOSC.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 included nutritional examples.

Course Grading Based on Course Objectives

<u>CORE CONTENT</u>	<u>APPROX. % OF COURSE</u>
Cardio and Aerobic exercise	25
Strength and training	20
Flexibility exercises	20
Nutrition and participation	15
Equipment proper usage	10
Social skills/Student interaction (IVSO)	10

Attendance

- 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

- **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](#).

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.

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 760-355-6434. 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 760-355-5704 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 760-355-5703 or in the building 1536B for appointments or more information.

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: 760.355.5733 or 760.355.6278 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 Fall 2023:

Week 1	Aug 15 th and August 16 th	Introduction to PE 800/Basic Exercises
Week 2	Aug 22 nd and Aug 24 th	Review weight/walking program
Week 3	Aug 29 th and Aug 31 st	Music Exercise/Cardio Endurance
Week 4	Sept. 5 th and Sept 7 th	Arm and Leg Exercise/Cardio-weigh-ins
Week 5	Sept. 12 th and Sept. 14 th	Nutrition class/Intro to Fall IVSO sports (tennis & soccer)
Week 6	Sept. 19 th and Sept. 21 st	Muscular Strength Exercise/Treadmill workout
Week 7	Sept. 26 th and Sept. 28 th	Flexibility and Strength training
Week 8	Oct. 3 rd and Oct. 5 th	Cardiovascular exercise/Arm workouts- weights
Week 9	Oct. 10 th and Oct. 12 th	Nutrition and Exercise/Tennis techniques
Week 10	Oct. 17 th and Oct. 19 th	Outdoor Soccer - Techniques
Week 11	Oct 24 th and Oct. 26 th	Treadmill/weights/bicycles
Week 12	October 31 st and Nov. 2 nd	Walking program/track
Week 13	Nov. 7 th and Nov. 9 th	Soccer activity and outdoor exercises
Week 14	Nov. 14 th and Nov. 16 th	Review exercises/tennis & soccer rules
Week 15	Nov. 21 st and Nov. 23 rd	Thanksgiving Holiday
Week 16	Nov. 28 th and Dec. 3 rd	Exercise/weigh in and Nutrition Final
Week 17	Dec. 5 th and Dec. 7 th	Final exercise demonstrations

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