

Basic Course Information

Semester:	Spring 2025 - Feb 11th - June 5th	Instructor Name:	Ms. Patricia Urena
Course Title & #:	Exercise for the Developmentally Disabled- PE 800	Email:	Pat.urena@imperial.edu
CRN #:	22015 - Subj: ES CRSE: 800	Webpage (optional):	
Classroom:	755 IVC Gym - Upstairs gym	Office #:	
Class Dates:	02/11/2025-06/05/2025	Office Hours:	None
Class Days:	Tuesday and Thursday	Office Phone #:	760-595-5226
Class Times:	11:30 am – 12:45 pm	Emergency Contact:	760-595-5226
Units:	Pass/No Pass		

Course Description

This course is intended to meet the specific needs of the adult with a developmental disability who need 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. Students 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, students will demonstrate appropriate warming and cooling down techniques in aerobic and cardio training.
2. With coaching, students will learn how to select healthy food choices and create their own recipe.
3. With coaching, students will demonstrate two appropriate strength training exercises.
4. With coaching, students will demonstrate two appropriate flexibility exercises.
5. With coaching, students will demonstrate three ranges of motion exercises for the upper body.
6. With coaching, students will demonstrate three ranges of motion exercises for the lower body.
7. Students will demonstrate appropriate and safe use of exercise equipment.
8. Students 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 by observing student participation, 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	10

- 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.

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 Drinks with sugar are prohibited in all classrooms.** Water bottles with lids/caps are the only exception. 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 Special Education instructor 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 importance of acknowledge every students potential.

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.

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 2900, telephone 760-355-6434. Please contact them if you feel you need to be evaluated for educational accommodations.

Student 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. Located in building 1500 Room 1536. Contact the IVC [Student Health Center](#) at 760-355-6310 .

Student Equity Program

- 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](#).

Anticipated Class Schedule/Calendar

Course outline for Spring 2025

Week 1	Feb.11th – Feb 15 th	Introduction to PE 800/Basic Exercises
Week 2	Feb. 18th – Feb. 20th	Review weight/walking program
Week 3	Feb. 25 th – Feb. 27th	Outdoor track/walk program
Week 4	March 4 th – March 6 th	Arm and Leg Exercise/Cardio
Week 5	March 11 th – March 13 th	Nutrition class/Intro to fresh fruit and vegetables
Week 6	March 18 th – March 20 th	Muscular Strength – Free weights/Treadmill
Week 7	March 25 th – March 27 th	Flexibility and Strength training
Week 8	April 1 st – April 3 rd	Cardiovascular exercise/Arm workouts- weights
Week 9	April 8 th – April 10 th	Nutrition and Exercise program update
Week 10	April 15 th – April 17 th	New Stretching Techniques/stretch bands
Week 11	April 22 nd – April 24 th	SPRING BREAK
Week 12	April 29 th – May 1 st	Treadmill/cycling/Ex. Equipment review
Week 13	May 6 th – May 8 th	Soccer activity and outdoor exercises
Week 14	May 13 th – May 15 th	Review exercises- walking chart
Week 15	May 20 th – May 22 nd	Final using Exercise Equipment
Week 16	May 27 th – May 29 th	Exercise/weigh in and Nutrition Final
Week 17	June 3 rd – June 5 th	Final exercise demonstrations

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