

Lassen Community College Course Outline

DS-122 Adaptive Individual Sports: Weight Training

1.0 Unit

I. Catalog Description

This course will allow students who have a substantial developmental delay/physical limitation regardless of ability to have the opportunity to develop and improve strength, bone health, and daily function. Weight training skills will range from proper safety guidelines in equipment usage, lifting, workout selections, spotting fundamentals and practice procedures. Students will develop a well-rounded exercise routine that will help improve their health, physical function, self-esteem, and behavior. Re-enrollment as needed, pursuant to special class repetition standards. This course has been approved for online and hybrid delivery:

Does not transfer to UC/CSU
51 Hours Lab
Scheduled: Fall, Spring

II. Coding Information

Repeatability:-Not repeatable but allow Re-enrollment if student qualifies
Grading Option: Pass/No Pass Only
Credit Type: Credit - Not Degree Applicable
TOP Code: 083580

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

1. Identify appropriate categories of fitness equipment.
2. Demonstrate individually assessed levels of physical fitness in at least one of the following areas: aerobics, strength, flexibility and balance.
3. Identify performed exercises in a workout chart.
4. Demonstrate appropriate safety practices in a fitness center setting.

B. Course Objectives

First Enrollment

Upon completion of this course the student will be able to:

1. Identify various pieces weight training machines in fitness center
2. Identify free weight equipment in the fitness center
3. Identify aerobic equipment in the fitness center.
4. Identify other equipment that can be used for resistance training.
5. Demonstrate proper safety rules in the fitness center
6. 6 Evaluate each person individually to identify risk or barriers that may hinder a student's progress of development and prescribe proper exercise program.

Second Enrollment

1. Identify the major muscle groups of the body.
2. Understand the proper technique for engaging muscle groups.
3. Demonstrate proper technique of lifting
4. Demonstrate one lift for each major muscle group.
5. Recognize the importance of proper technique and using equipment properly to

prevent injuries.

Third Enrollment

1. Demonstrate proper warm-up activities.
2. Explain the benefit of warming up before lifting weights.
3. Evaluation of individual's conditions before developing fitness program.
4. Recognize the importance of guidelines when selecting exercises in a fitness program.

Fourth Enrollment

1. Discuss initial assessment to evaluate conditions that could hinder you from performing an exercise.
2. Identify the difference between repetition and set.
3. Demonstrate a repetition of 5, 8, 10, 12 and sets of 1, 2, 3.
4. Perform exercises in order on a workout sheet
5. Discuss and practice a new selection of exercises for the same muscle groups using various equipment.
6. Evaluate individual goals and make adjustments when needed.
7. Awareness of safety precautions associated with disabling conditions.

IV. Course Content

First Enrollment

- A. Individual Prescriptions for health-fitness exercise program.
 1. Doing check list: physicians clearance and recommendation, student goal sheet, students physical limitations, list of adaptive equipment needed.
 2. Initial assessment: motor control and coordination, balance and trunk stability, spasticity, range of motion, muscle imbalances, baseline strength and weakness, muscle function.
- B. Vocabulary List
 1. Terms to know: loads, reps, sets
 2. Basic dozen- complementary exercises that work major muscle groups.
 3. Work out frequency
 4. Work out charts
- C. Goal Setting
 1. Determine what rep/set for each individual
 2. Identify with student modification of the lifting modes (fast vs. slow) (high vs. low intensity)
 3. Rate total progress by following charts: Techniques and skills, anatomical knowledge, program design concepts, outcomes of training.
 4. Alternate exercises
 5. Decide to vary a program with other exercises or workout charts.

Second Enrollment

- A. Equipment knowledge
 1. Learning what the various pieces of equipment are designed to do and how to use them properly has several implications.
 2. Selecting a type of equipment to what exercises can be performed: Weight machine, free weights, stretch bands, treadmills, recumbent bicycles, recumbent gliders, stationary bicycles, stair steppers, balance balls and other devices in a fitness center.
- B. Fitness Center
 1. Free Weight Station

2. Machine Station
3. Aerobic Station
4. Balance Station
- C. Weight Room Safety
 1. Weights put away after using
 2. Personal items in a locker or hang on hook in the hall; not on the equipment
 3. Check equipment for any frayed cables or pulleys.
 4. Learn to wipe off equipment after using
- D. Safety Rules
 1. Appropriate conduct in the weight room
 2. Warm-up exercises for 10 minutes before lifting
 3. Dress properly, including shirt, sweats, shorts and shoes.
 4. Free weight lifting safety: wear a lifting belt for large amounts especially dead lift and squatting.
 5. Always use spotters or safety racks
 6. Use proper lifting technique to prevent injuries
- E. Individualized Program
 1. Have physicians release form completed before attending class
 2. Checking for physical limitations
 3. What are the personal goals: e.g. maintains physical abilities or get ready for competition.

Third Enrollment

- A. Identify major muscle groups
 1. Upper body (biceps, triceps, deltoids...)
 2. Mid body (abdominals, latissimus dorsi...)
 3. Lower body (quadriceps, hamstrings...)
- B. Proper Technique in lifting weights
 1. Visualizing the connection between muscles and bones.
 2. Practice grip, body positioning and movement pattern before lifting.
 3. Use range of motion for the entire movement pattern of exercise.
 4. Visualize correct technique by using mirrors in the room or assistance from trained aids.
- C. Selecting exercises for each major muscle group
 1. Use a free weight vs. machine weight for certain muscles
 2. Use resistant rubber bands vs. medicine balls
 3. Selecting exercises for the following: Chest, upper back, lower back, shoulders, upper arms, forearms, upper legs, lower legs, abdominals.
- D. Prevent Injuries
 1. Getting equipment ready for lifting by checking for possible broken equipment
 2. Knowing if bars are loaded evenly with safety hooks when using free weights
 3. Machine weights are changed from individual to individual by checking seat position and pin position on weight plate.
 4. Interact with instructor and instructor aids when the weight is becoming too hard to get through range of motion.

Fourth Enrollment

- A. Demonstrate what warm up exercises are needed for weight lifting
 1. Walking brisk or biking for each individual need.
 2. Identify flexibility exercises for the following areas: chest and shoulder, upper back, shoulder, arms, back, hips, hamstrings, quads and calves.
- B. Assessment and Screening
 1. Gather information for each student on individual goals leading to safe guidelines

- in a fitness program.
- 2. Review with student medical and health history to identify risk with certain exercises.
- 3. Establish base line levels of parameters for movement abilities and limitations.

V. Assignments

A. Appropriate Readings

None

B. Writing Assignments

None

C. Expected Outside Assignments

Occasional home assignments to improve performance with individual prescribed activities on index cards.

D. Specific Assignments that Demonstrate Critical Thinking

The student will analyze individual work out programs and determine if it is increasing aerobic, strength and flexibility. The students will learn the rules, strategies, terminology and etiquette in a fitness center and when going into competition.

VI. Methods of Evaluation

Students will be evaluated on pre-test and post-test on the following:

1. Identification of equipment in fitness center
2. Identification of major muscle groups
3. Demonstration of proper lifting technique
4. Demonstrations of a rep and set for lifting
5. Etiquette in the fitness center
6. Positive participation in group settings

Example #1: Student will demonstrate full range of motion and identify which muscles are performing in the certain lift.

Example #2: To demonstrate ability to correctly perform lift with proper technique and be checked off by the instructor on a task sheet.

Hybrid Evaluation

All quizzes and exams will be administered during the in person class time. Students will be expected to complete on-line assignments and activities equivalent to in class assignments and activities for the online portion of the course. Electronic communication, both synchronous and asynchronous (chat/forum) will be evaluated for participation and to maintain effective communication between instructor and students.

Online Evaluation

A variety of methods will be used, such as: papers, assignments, asynchronous and synchronous (chat/forum) discussions, online quizzes and exams, posting to on-line website and email communications.

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery Correspondence Delivery

Hybrid Delivery

Online Delivery

1. Lecture and application of ideas
2. Lifting form, the instructor will demonstrate the proper technique and then provide accompanying supervision and feed back
3. Students will individually figure out proper technique in lifting weights, and determine what aerobic machine will be used and the proper setting under supervision and direction of the instructor. Results will be used to form an individual work out program.

Hybrid Delivery

A combination of traditional classroom and on-line instruction will be utilized. Each semester a minimum of 17 hours will be taught face-to face by the instructor and the remaining hours will be instructed on-line through the technology platform adopted by the District. Traditional class instruction will consist of exercises/assignments, lectures, visual aids, and practice exercises. Online delivery will consist of exercises/assignments, lecture posts, discussions, adding extra resources and other media sources as appropriate.

Online Delivery

Participation in on-line discussions. Online exercises/assignments contained on website. Web based video vignettes with discussion paper, email communications, postings to forums, online lecture notes and web links will compromise the method of instruction.

VIII. Representative Texts and Supplies

None

IX. Discipline/ Assignments

DSPS - Credit Instructor, Physical Ed (adaptive)

X. Course Status

Current Status: Active

Original Approval Date: 05/06/2008

Revised By: Carrie Nyman

Latest Curriculum/Academic Standards Committee Revision Date: 11/01/2022