I. OVERVIEW
The following information will appear in the 2012 - 2013 catalog

PEA 119  Adapted Sports  1 Unit

Recommended for Success: Before enrolling in this course, students are strongly advised to provide medical verification of physical or developmental disability.

Introduces students with physical and/or developmental disabilities to a variety of sports. Students will safely participate in sports such as, but not limited to, softball, volleyball, tennis, frisbee, soccer, basketball, and golf.

Four Maximum completions.
Field trips are not required. (A-F or P/NP - Student choice) /Lab

Transfer: (CSU, UC) General Education: (MJC-GE: Activities )

II. LEARNING CONTEXT
Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:

A. COURSE CONTENT

1. Required Content:

2. Required Lab Content:
   a. Techniques and theories of sports and games
      i. Principles and rules of a variety of sports
      ii. Sports skills adapted to fit individual needs
      iii. Use of modified sports equipment
   b. Individual and group exercise programs
      i. Muscular strength and endurance
      ii. Cardiorespiratory endurance
      iii. Flexibility
   c. Values of lifetime fitness

B. ENROLLMENT RESTRICTIONS

1. Advisories

   Before enrolling in this course, students are strongly advised to provide medical verification of physical or developmental disability.
C. **HOURS AND UNITS**

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D. **METHODS OF INSTRUCTION (TYPICAL)**

*Instructors of the course might conduct the course using the following method:*

1. Instructor demonstration/description of sports skills
2. Group interaction within class among students/teacher
3. Instructor led skills rehearsal

E. **ASSIGNMENTS (TYPICAL)**

1. **EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS**
   
   *Time spent on coursework in addition to hours of instruction (lecture hours)*
   
   Lab only - no outside of class hours required

2. **EVIDENCE OF CRITICAL THINKING**
   
   Assignments require the appropriate level of critical thinking
   
   a. Analyze and interpret proper form and techniques through individual and group sports programs
   b. Demonstrate the skills necessary to progress or maintain a sports exercise program.

F. **TEXTS AND OTHER READINGS (TYPICAL)**

1. Other: Current handouts/readings on specific sports programs and modifications surrounding them

III. **DESIRED LEARNING**

A. **COURSE GOAL**

*As a result of satisfactory completion of this course, the student should be prepared to:*

demonstrate the skills necessary to successfully participate in sports activities to improve or maintain the following components of fitness; cardiorespiratory endurance, muscular strength and endurance, and flexibility.

B. **STUDENT LEARNING GOALS**

*Mastery of the following learning goals will enable the student to achieve the overall course goal.*

1. **Required Learning Goals**
   
   *Upon satisfactory completion of this course, the student will be able to:*

2. **Lab Learning Goals**
   
   *Upon satisfactory completion of the lab portion of this course, the student will be able to:*
   
   a. Demonstrate an improved awareness of body and relationships with surroundings by participating in various individual and group games, sports and challenges.
   b. Demonstrate cardiorespiratory endurance, muscular strength and endurance and flexibility.
IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT
   1. Assessment of knowledge of sports skills and rules
   2. Instructor evaluation of awareness of proper form
   3. Instructor evaluation of performance of sport specific skills

B. SUMMATIVE ASSESSMENT
   1. Instructor evaluation of student demonstrations involving acquired skills strategies/concepts and rules
   2. Instructor evaluation of skill development