

COMMON COURSE NUMBER: PEM 1011

COURSE TITLE: Therapeutic Physical Education

CREDIT HOURS: 1

CONTACT HOURS BREAKDOWN:

Lecture/Discussion

Lab 32

Other

Contact Hours/Week 2

CATALOG COURSE DESCRIPTION:

Prerequisite: Department Head's Approval

Corequisite: None

Students will participate in a specialized activity program designed for the individual with consultation from the student and from a physician or physical therapist, if necessary.

General Education Requirements - Associate of Arts Degree, meets Area(s):

General Education Requirements - Associate in Science Degree, meets Area(s):

UNIT TITLES:

1. Dance—Movement Education
2. Archery
3. Swimming
4. Bowling
5. Conditioning

I. Course Overview:

Upon successful completion of this course, the students, who have been identified as medically restricted, should be able to contribute to improving their own health through increased options for activity.

II. Units:

Unit 1. Dance—Movement Education

General Outcome:

- 1.0 The students should be able to discuss and demonstrate the basics of movement education.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 1.1 Demonstrate the development of basic motor skills that contribute to self-sufficient living and the fostering of feelings of human dignity and individual worth.
- 1.2 Demonstrate the development of flexibility, balance, and control.
- 1.3 Explain the principles of movement.
- 1.4 Define terms pertaining to dance movement.

Unit 2. Archery

General Outcome:

2.0 The students should be able to discuss and demonstrate the basics of archery.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 2.1 Explain terminology and rules associated with archery.
- 2.2 Discuss how to select and care for archery equipment.
- 2.3 Describe essential individual and group safety considerations.
- 2.4 Demonstrate the skill techniques and fundamentals of shooting that have been adapted to their individual needs.

Unit 3. Swimming

General Outcome:

3.0 The students should be able to discuss and demonstrate the basics of swimming.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 3.1 Orient themselves in the water.
- 3.2 Maintain their bodies on the surface of the water through the use of one basic stroke and treading, sculling or floating skills.
- 3.3 Swim continuously for ten minutes without undue fatigue.
- 3.4 Participate in swimming as a safe recreational activity.
- 3.5 Use swimming as a means of meeting specific individual needs for exercise and for improving self-concept.

Unit 4. Bowling

General Outcome:

- 4.0 The students should be able to discuss and demonstrate the basics of bowling.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 4.1 Discuss bowling etiquette and bowling terms.
- 4.2 Explain bowling rules and regulations.
- 4.3 Keep score.
- 4.4 Demonstrate the skill techniques and fundamentals of bowling that have been adapted to their individual needs.

Unit 5. Conditioning

General Outcome:

- 5.0 The students should be able to discuss and demonstrate the basics of conditioning.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 5.1 Discuss the relative value of different types of physical activities for developing various aspects of physical fitness.
- 5.2 Explain the principles of developing cardiorespiratory strength and muscular endurance and flexibility.
- 5.3 Carry out a physical fitness program designed to meet their individual needs and interests.

Safety Precautions:

1. Never enter pool until instructor gives the O.K.
2. Follow all pool rules.
3. No Horseplay!
4. Never retrieve arrows without the instructor's O.K.
5. Never lift weights alone.
6. Follow any other safety precautions given by the instructor or presented on handouts throughout the semester.

Students should be aware that participation in physical activity carries a degree of risk. Therefore, students are expected to follow instructions and safety precautions given by the HPRD instructor. Also, students must inform the instructor of any existing medical problems.

(NOTE: The College does not carry individual student insurance to cover accidents which occur during college classes. The students are advised to carry their own insurance.)