

**The School of
Human Kinetics**

THE UNIVERSITY OF BRITISH COLUMBIA

Course: **HKIN 362 (901)** Course Title: **Adapted Physical Activity**
Term: **Winter Term II 2006/07** Course Schedule: **M 1700 – 2000 hrs**
Location: **Woodward Instructional Resource Center, Lecture Hall 5**

Instructor: Susan M. M. Todd **TA:** Katie Pauhl
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Course Description:

For persons with disabilities; a developmental, lifelong approach to programming. Includes fieldwork. [2-0-2]

Prerequisite: Completion of second year.

Course Text (Required):

UBC Course Material + Assigned Readings

Recommended Resources:

Sherrill, Claudine. Adapted Physical Activity, Recreation, and Sport. (6th Ed.) Dubuque, Iowa: McGraw Hill, 2004.

Steadward, Robert D., Wheeler, Garry D., Watkinson, E. Jane, editors. Adapted Physical Activity. Edmonton, Alberta: The University of Alberta Press, 2003.

ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities / American College of Sports Medicine

Adapted Physical Activity

American Corrective Therapy Journal (until 1987)

Journal of PE, Rec. and Dance
Physical Educator
Therapeutic Recreation Journal
CAHPERD Journal (until 2000)
Physical and Health Education Journal
Exceptional Parent
"Moving to Inclusion Manual" - Fitness Canada, CAHPERD/CIRA

Learning Outcomes: By the end of this course each student will:

- ✓ comprehend the breadth of multidisciplinary influence upon the field of adapted physical activity and demonstrate knowledge of the current concepts and trends in the area.
 - ✓ gain insight and awareness of the abilities and needs of people with diverse abilities through a variety of experiences (case study, interviews, guest speakers, media, practicum).
 - ✓ demonstrate ability to access appropriate resource information (i.e. information for term paper).
 - ✓ comprehend and demonstrate how selected diseases, impairments, and/or disabilities can influence an individual's learning and / or performance.
 - ✓ demonstrate the ability to assess the physical activity abilities and needs of an individual and recommend a plan for physical activity participation.
 - ✓ demonstrate the ability to modify physical activities to meet individual needs and abilities.
 - ✓ demonstrate a positive attitude when leading, teaching and / or coaching an individual with a disability.
 - ✓ have participated in class discussions and experiences.
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Course Assignments and Evaluation:

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| 1. Assignment I: | Case Study | 30% |
| | Due Date: Monday, February 12, 2007 | |
| 2. Assignment II: | Presentations | 20% |
| | Due Date: Tentatively will begin Monday, February 26, 2007 | |
| 3. Assignment III: | Practicum Reports | 25% |
| | Report I Due Date: Monday, February 5, 2007 | |
| | Report II + Evaluation Due Date: Monday, April 2, 2007 | |
| 4. Final Exam: | | 25% |
| | To be Scheduled during Final Exam Period (April 16 – 30, 2007) | |

Total Marks Possible = 100%

N.B. Students must complete all assignments!

Course Content:

1. Introduction
 - a. Historical Perspective, past and present
 - b. Terminology and Principles
 - c. Philosophies and Models
2. Barriers
 - a. Identification - Categories / Types
 - b. Plausible Solutions
3. Attitudes
 - a. Formation
 - b. Behavior Change
4. Activity Modifications
 - a. Variables
 - b. Activity Analysis
 - c. Skill Analysis
 - d. Resources
5. Organizational Resources
 - a. Clinical Resources
 - b. Educational Resources - IEP
 - c. Community Resources
6. People with Diverse Abilities
 - a. Disability Definitions
 - b. Considerations
 - c. Adaptations
7. Issues and Trends

Course Policies and Expectations:

The course is challenging and moves at a fast pace. The following guidelines will assist students in maximizing their results:

1. Student Expectations:

Regular attendance, advanced preparation for scheduled topics and discussion, punctual submission of quality assignments, and participation in classroom discussion and group work in a knowledgeable and considerate manner. The calendar states: Students who neglect their academic work and assignments may be excluded from the final examinations. Students who are unavoidably absent because of illness or disability should report to their instructors on return to classes.

Students whose attendance, ability to complete assignments, or performance on exams may be severely affected from medical, emotional or other problems must notify the Undergraduate Advising Center and, if possible, the instructor as soon as possible. Students will be asked to complete an Academic Concession Form and, where appropriate, asked to provide supportive documentation (from the Disability Resources Center or a physician).

Last date for withdrawal without a W on your transcript: January 22, 2007.

Last date for withdrawal with a W instead of an F on your transcript: February 16, 2007.

The University accommodates students with disabilities who have registered with the Disability Resource Center. The University accommodates students whose religious obligations conflict with attendance, submitting assignments, or completing scheduled tests and examinations. A list of religious holidays involving fasting, abstention from work or study, or participation in all-day or fixed-time activities is available at <http://students.ubc.ca/publications/multifaith/>. Please let your instructor know in advance, preferably in the first week of class, if you will require any accommodation on these grounds. Students who plan to be absent for varsity athletics, family obligations, or other similar authorized commitments, cannot assume they will be accommodated, and should discuss their commitments with the instructor before the drop date.

Academic Dishonesty: Please review the UBC Calendar “Academic regulations” for the university policy on cheating, plagiarism and other forms of academic dishonesty.

Submission of quality assignments: All written work will be evaluated for effective communication skills. Since effective writing skills are a normal expectation of students, marks will be deducted for ineffective writing.

Assignments Due Dates: If you know in advance that you will be absent on the day the assignment is due, you must submit the assignment prior to the due date. In other circumstances, such as authorized absence with documentation, you should consult with the instructor about handing in assignments late.

Students are urged to read the assigned text chapters and supplemental readings prior to discussion of the topic in class and project work.

2. Instructor Expectations:

Educate, enthuse and inform students about information relevant and current to the course. Present the course material in an organized and understandable manner. Critical thinking and classroom discussion will be encouraged and facilitated, as well as the generation of new ideas, thoughts and suggestions from the students.

It is expected that by attending class regularly, remaining current with class lectures and activities, adequately preparing for exams and submitting quality assignments, students will meet this challenge.
