

Department of Health, Human Performance, and Recreation
Pittsburg State University
ADAPTED PHYSICAL EDUCATION
HHP 462
Spring 2020

INSTRUCTOR: Dr. Laura Covert Miller
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OFFICE: 101A SRC
OFFICE HOURS: M & W: 1:00 – 4:00 pm
T & TH: 2:00 – 4:00; F: apt. only
CREDIT HOURS: 2

CATALOG DESCRIPTION

Study of the ways in which the needs of the atypical student can be met. Particular emphasis on medical and therapeutic aspects of the disabled. Special emphasis given to various exercise modalities and prescriptions relating to treatment.

COURSE DESCRIPTION

This course is concerned with the role of physical education in providing services to students with disabilities. Particular areas of knowledge will focus upon growth and development, motor learning and the psycho-social factors affecting students with disabilities. In addition, this course will deal with planning, operating, teaching and evaluation of students with disabilities as well as focus on the various disorders, their etiology and pathology, as they relate to the kinds of intervention strategies that may be provided.

PURPOSE OF THE COURSE

The major purposes of the course are to 1) develop a knowledge and understanding of students with disabilities and their needs; 2) develop teaching techniques, intervention and strategies and programming ideas in order to facilitate integration of the special needs student into the regular physical education program; and 3) make students aware of the value of physical activity and sports for individuals with disabilities.

COURSE OBJECTIVES

Education-related

Adapted Physical Education is no longer a certification/licensing area in the state of Kansas. However, in order to insure sufficient breadth and depth of the subject matter, the course objectives are aligned with the former Adapted Physical Education teaching standards mandated by the Kansas State Department of Education. These standards are designed to insure both knowledge and performance of physical education and health in prospective teachers in order that they:

1. Demonstrate the ability to screen and assess physical education skills of individuals exhibiting various disability conditions.
2. Demonstrate the ability to write in behavioral terms and assess instructional objectives for adapted physical education
3. Demonstrate the ability to reassess and revise the student's program as necessary.
4. Demonstrate the ability analyze, adapt, and implement physical education curriculum in providing programs for a variety of disability conditions.
5. Demonstrate the ability to adapt teaching methods, materials, and techniques for physical and motor fitness to the needs of students with disabilities.
6. Demonstrate the ability to use community and staff resources within the special education environment.

Therapeutic Recreation-related

Describe medical and disabling conditions, disorders and impairments that affect an individual's physical, cognitive, emotional and social functioning across the lifespan.

Apply the ability to select, conduct, analyze, and interpret a variety of assessment techniques and procedures to determine client and program needs. (7.02.01)

Apply the ability to utilize a variety of assistive techniques, adaptive devices and equipment, and program adaptations to assist individuals with illnesses and disabilities to achieve maximum independence. (7.02.01)

INSTRUCTIONAL RESOURCES

The text for this course will be:

Winnick, Joseph, P. (2017). Adapted Physical Education and Sport (6th ed.). Champaign, IL: Human Kinetics. ISBN:978-1-4925-1153-3

Additional resources used:

Porter, H., Burlingame, C. (2006). Recreational Therapy Handbook of Practice,; Idyll Arbor INC.; ISBN: 13-9781-882883-53-8

Selected articles and websites to be provided by the instructor.

COURSE DELIVERY METHOD

This course is face to face and will be as interactive and hands on as possible. This class will be a combination of the textbook, additional literature, and application of presented material.

Instructor Teaching Philosophy: Learning through doing

COURSE REQUIREMENTS

1. Individualized Education Plan: Each student is to create an IEP for a case study presented in class. The requirements of an IEP will be discussed in class. Refer to the Rubric and IEP assignment/file posted on Canvas for in-depth details.

Due Feb. 26th. Project is worth up to 30 points. (7.02.01)

2. Special Olympic Unified Fitness Program: APE class is partnering with Special Olympics to do an eight-week unified fitness program starting Wednesday March 11th during class time. Students will be responsible for being a unified partner with a Special Olympics athlete during the unified fitness program. Students will also be responsible for designing and leading workouts and a health education lesson to complete during the unified fitness program. Students will be placed into peer groups of three to four students for the workout design and health education portion of the program. Students will be given time in class to design the workouts and health education in order to prepare for their program day. Each group will lead one time during the semester. Dates of leading will be determined in class. **Each student is responsible for submitting the designed workout and health education the Friday prior to their designated leading date.**

Students will be responsible for responding to a weekly reflection after each Wednesday meeting. Students who miss a unified fitness day will not be able to make up points unless there are circumstances discussed with the professor prior to missing. Refer to rubric on Canvas for specific grading criteria. **Each SO day is worth up to 5 points. Designing and leading the workout and health education lesson are 10 points each. Total points for project equal 60 points.**

Students will be asked to volunteer to help with fitness assessments on Tuesday March 3rd from 9:30 am – 11:00 am.

5. Tests: There will be one test given during the semester, a final exam. Test questions will come from the textbook, class discussions, assignments, guest speakers, activities, and quizzes. **The test is worth 50 points. The test will be completed via Canvas at the AXE library the day of the final.**

Class Attendance and Participation. Attendance is taken for each class. If you are sick do not come to class, a doctor's note is required for the absence to be excused. If you will be gone for a school related function, a note from the teacher/sponsor/coach is required prior to the event. If there are other situations that arise which cause absences, please discuss this with Dr. Covert Miller. **If your grade is borderline at the end of the semester, grades will be determined by attendance and class participation.**

Other various assignments: These will include video observations, applications of textbook chapters and possibly observation hours.

Expectations of students: *Students need to come to class on time, actively engage in class discussion, contribute to class projects, ask questions when needed, submit assignments on time, respect peers and professor and actively contribute to group projects.*

Cell phone policy: *If causing disruption to learning community, cell phones will be asked to be put away*

EVALUATION PROCEDURES & ASSIGNMENTS

A = 90% - 100%

IEP = 30 pts

B = 80% - 89%

APE Lesson Plan = 20 pts

C = 70% - 79% Class Attendance = 50 pts
D = 60% - 69% Mid-term & Final = 50 pts. EACH
 In-class assignments = up to 25 pts.
 Quizzes = up to 25 pts. total
 SO Unified Fitness Program = 50 pts.

Syllabus supplement and academic dishonesty policy can be found at:

<https://www.pittstate.edu/registrar/files/documents/syllabus-supplement-spring-2020-updated-10-7-19.pdf>

IMPORTANT DATES

1/20.....Martin Luther King, Jr., Holiday
1/21.....Classes begin
1/28..... Tuition due
1/28..... Last day for full tuition refund if withdrawing
1/28 Last day to add classes w/o permission of instructor
2/3..... Final day to drop w/o transcript notation
2/24.....Last day for half refund if withdrawing
3/16..... Mid-term D and F grades available after 5:00 pm
3/23 to 3/27Spring Break
4/13..... Final day to drop a course unless withdrawing from all classes
4/30.....Last day to withdraw from all classes
5/11 to 5/15 Finals week
5/15..... Deadline to remove/extend IN grades for 2019 WF
5/18 Grades due from faculty

Adapted PE
Tentative Schedule: Assignments and Due Dates are Subject to Change!
Spring 2020

Week of January 20	Overview of Class Begin Unit 1: An Introduction to Adapted Physical Education and Sport (Chapter 1) (7.01.01) Intro SO Unified Fitness
Week of January 27	Chapter 2: Program Organization and Management (7.02.01) SO Unified Fitness Prep
Week of February 3	Chapter 4: Measurement, Assessment, and Program Evaluation (7.02.01) SO Unified Fitness Prep
Week of February 10	Chapter 5: Individualized Education Program (end Unit 1) (7.02.01) KRPA: No Class Monday
Week of February 17	Continue Chapter 5: IEP SO Unified Fitness Prep
Week of February 24	IEP Due Wednesday Feb. 26th (7.02.01) Chapter 7: Instructional Strategies for Adapted Physical Education (7.02.01) SO Unified Fitness Prep
Week of March 2	Begin Unit 2: Chapt. 8 Intellectual Disabilities SO Unified Fitness Prep
Week of March 9	SO Fitness Program – W Chapter 10: Autism Spectrum Disorders
Week of March 16	SO Fitness Program – W Chapter 10: ASD cont.
Week of March 23	SPRING BREAK! HAVE FUN, BE SAFE! ☺
Week of March 30	SO Fitness Program – W Chapter 14: Cerebral Palsy, Traumatic Brain Injury, and Stroke
Week of April 6	Chapter 16: Spinal Cord Disabilities SO Fitness Program – W
Week of April 13	Chapter 12: Visual Disabilities & Chapt. 13: Hearing Impairments SO Fitness Program – W
Week of April 20	TR Symposium – No Class Monday SO Fitness Program – W
Week of April 27	SO Fitness Program – W
Week of May 4	SO Fitness Program – W
Week of May 11	<i>Final Exam Wednesday May 13th @ Axe Library</i>