

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology

Course:	KIN 115A	Professor:	Taeyou Jung, PhD, ATC, CAPE
Title:	Adapted Therapeutic Exercise	Office:	BC156C (Center of Achievement)
Units:	1 unit	Office Hours:	M & W 11:00AM-12:00PM
Term:	Spring 2008	Phone:	818-677-2182
Time:	Individually scheduled for min. 50 min. session twice a week	Email:	taeyou.jung@csun.edu
Location:	BC 156 (Center of Achievement)		

Course Description

This course is designed to enhance the health and fitness of students with special physical conditions (temporary or permanent) by learning proper exercise techniques and participating in the Adapted Physical Activity and Therapeutic Exercise Program at the Center of Achievement.

Instructional Objectives

At the conclusion of each laboratory experience the student will be able to:

1. Perform proper exercise techniques for individuals with special physical conditions.
2. Demonstrate proper operation of exercise equipment for therapeutic exercise program.
3. Describe appropriate exercises, precautions and contraindications in regard to a specific condition.
4. Explain appropriate motor learning/control principles used in therapeutic exercise.
5. Describe basic functional anatomical principles related to strengths, endurance, flexibility, balance and functional motor skill training.

Course Outline

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| I. Intro. to Lab Procedures/ Program. | VI. Endurance Exercises |
| II. Basic Functional Anatomy | VII. Balance and Proprioception Training |
| III. Basic Biomechanics in Physical Training | VIII. Functional Motor Skill Training |
| IV. Strength Exercises | |
| V. Flexibility Exercises | |

Evaluation/Grading

1. Attendance/punctuality	40%
2. Practical exam	35%
3. Lab assignment (Program Recording)	15%
4. Introspective paper	10%
Total	100%

References

Banola, John (1998) *Manual Exercise for Strength & Flexibility*. CSUN Bookstore.

Note: Students are allowed to enroll in this class a total of three times for a grade and three times for CR/NC. Students will need to sign up for an evaluation session at the first meeting. No exercise program class for the first two weeks.