

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology

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| Course: | KIN 311L | Time: | Individually scheduled in the 1st class |
| Title: | Adapted Therapeutic Exercise: Principles and Applications: LAB | Location: | BC 140 (Center of Achievement) |
| Units: | 1 unit | Professor: | Taeyou Jung, PhD, ATC, CAPE |
| Prerequisite: | KIN 241 & Concurrent enrollment in KIN 311 | Office: | BC 156C (Center of Achievement) |
| Term: | Spring 2008 | Office Hours: | M & W 11:00AM-12:00PM |
| | | Phone: | 818-677-2182 |
| | | Email: | taeyou.jung@csun.edu |

Course Description

This course is designed to provide hands-on laboratory experiences in the Adapted Physical Activity and Therapeutic Exercise Program at the Center of Achievement, working with individuals with physical disabilities under clinical supervision.

Instructional Objectives

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

1. Perform proper exercise techniques for individuals with disabilities.
2. Demonstrate proper operation of exercise equipment for therapeutic exercise programs.
3. Describe appropriate exercises, precautions, and contraindications for a specific disability.
4. Explain appropriate motor learning/control principles used in a specific therapeutic exercise.
5. Demonstrate proper record keeping for any progress of clients in individualized goals: strength, flexibility, CV endurance, balance & proprioception, and functional motor skills.

Course Outline

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| I. Intro. to Lab Procedures/ Program. | VI. Endurance Exercises |
| II. Nature and Cause of Disability | VII. Adapted Sports and Special Activities |
| III. Techniques Used in Transferring | VIII. Functional Training |
| IV. Strength Exercises | IX. Record Keeping |
| V. Flexibility Exercises | |

Evaluation/Grading

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| 1. Attendance/punctuality | 30% |
| 2. Midterm – Practical exam | 10% |
| 3. Final – Practical exam | 30% |
| 4. Weekly logs | 10% |
| 5. Program card recording | 10% |
| 6. Introspective paper | 10% |
| Total | 100% |

References

See References for KIN 311.