

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE

Department of Kinesiology

Course:	KIN 647	Professor:	Taeyou Jung, PhD, ATC, CAPE
Title:	Seminar in Adapted Physical Act.	Office:	KN156C (Center of Achievement)
Units:	3 units	Office Hours:	M & W 11:00AM-12:00PM
Prerequisite:	605, 610 or Instructor's consent	Phone:	818-677-2182
Term:	Spring 2008	Email:	taeyou.jung@csun.edu
Time:	Thursday 7:00-9:50PM		
Location:	Young Conference Room BC140		

Course Description

An advanced study of theory and literature in adapted physical activity for individuals with disabilities. This course is designed to develop in-depth knowledge by integrating the sub-disciplines of Kinesiology as they relate to adapted physical activity. Specific topics include pedagogical, psycho-social, physiological, administrative and biomechanical aspects of adapted physical activity.

Instructional Objectives

This course is designed to:

1. Explore the benefits of adapted physical activity in various populations.
2. Introduce advanced theories and applications of adapted physical activity.
3. Review the current research literature in adapted physical activity.
4. Provide opportunities for students to develop their research agenda.

Measurable Student Outcomes

Student outcomes will be measured based on their ability to:

1. Describe the benefits of adapted physical activity from multiple perspectives in small group discussions.
2. Compare and contrast theories and applications of adapted physical activity.
3. Critique current literature in adapted physical activity through oral presentations and written summaries.
4. Identify their research interests in adapted physical activity.
5. Create personal archives of literature on adapted physical activity.
6. Develop a pilot research project in adapted physical activity.
7. Conduct a pilot project and present the result by using advanced instructional technology.

Course Outline

- I. Introduction to Adapted Physical Activity (Week 1)
 - A. Definition of APA
 - B. Adapted vs. Adaptive
 - C. Historical Background of APA
 - D. Professional Organizations
 - E. Cross-disciplinary Knowledge Bases of APA

- II. Administrative Aspect of APA (Week 2-3)
 - A. Advocacy and the Law
 - B. Least Restrictive Environment Approach
 - C. Inclusion Theory
 - D. Current Issues in Inclusive APA

- III. Biomechanical Aspect of APA (Week 4-5)
 - A. Posture and Gait
 - B. Instrumentations
 - C. Motion analysis in disabilities
 - D. Current issues in biomechanical studies in APA

- IV. Pedagogical Aspect of APA (Week 6-7)
 - A. Teaching, evaluation and consultation
 - B. Regular PE vs. Inclusive PE
 - C. Individualized Educational Program (IEP)
 - D. Instrumentations
 - E. Current issues in pedagogical studies in APA

- Pilot Study Proposal Presentation & Discussion ----- (Week 8-9)

- V. Physiological Aspect of APA (Week 10-11)
 - A. Instrumentations
 - B. Studies in muscular strength
 - C. Studies in cardiovascular endurance
 - D. Clinical Evaluations
 - E. Current issues in physiological studies in APA

- VI. Psycho-social and Motor Behavioral Aspect of APA (Week 12-13)
 - A. Instrumentations
 - B. Self-Concept, motivation and well-being
 - C. Sensorimotor integration approach
 - D. Perceptual-motor approach
 - E. Current issues in psycho-social & motor behavioral studies in APA

- Pilot Study Final Presentation & Discussion ----- (Week 14-15)

Note: The course schedule may change due to guest lectures and special topics.

Evaluation & Grading Policy

A. Evaluation Criteria:

Students will be evaluated based on the following contents:

1. Weekly research summary & discussion*	30%
2. Pilot study proposal paper & presentation	20%
3. Pilot study final paper & presentation	30%
4. Literature review presentation	10%
5. Class attendance & participation	10%
Total	100%

* Please refer to the summary format attached.

B. Tentative Schedule for Exams and Assignments

1. Pilot study proposal paper and presentation due	Week 8-9
2. Pilot study final paper and presentation due	Week 14-15
3. Literature review presentation	TBA
4. Weekly research summary & discussion	Weekly (with the instructor's approval)

C. Final Grading Scale:

A	> 95%	C+	77-79%
A-	90-94%	C	73-76%
B+	87-90%	C-	70-72%
B	83-86%	D	66-69%
B-	80-82%	F	<65%

D. Policy

1. Class attendance and participation is mandatory (No absence without notice).
2. Students will receive separate grades for the lecture and the lab classes.
3. No make-up exam. If unavoidable, one-on-one oral exam will be given.
4. No late submission will be accepted for the pilot project proposal and final papers.
5. Academic dishonesty will not be tolerated for both exam and assignments, as outlined in section 41301, Title 5 of the California Code of Regulations.

6. Students with disabilities:

This course instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students With Disabilities Resources located in 110 Student Services Building, or call (818) 677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Recommended Text Books

- Sherrill, C. (2001). *Adapted Physical Activity, Recreation and Sport: Crossdisciplinary and Lifespan*. (6th ed.) Madison, Wisc: Brown and Bechmark.
- Frontera, W. R. et al. (1999) *Exercise in Rehabilitation Medicine*, Champaign, IL, Human Kinetics

Other References

- ACSM (1997) *ACSM Exercise Management for Persons with Chronic Diseases and Disabilities*, Champaign, IL, Human Kinetics
- Kisner C. & Colby L. A. (2002) *Therapeutic Exercise: Foundation and Techniques* (4th ed.) Philadelphia, PA F. A. Davis
- Lockette K. F. & Keyes A. M. (1994) *Conditioning with Physical Disabilities*. Champaign, IL: Human Kinetics
- Hougum, P. A. (2001). *Therapeutic Exercise for Athletic Injuries*. Champaign, IL: Human Kinetics.

ATTACHMENT: Weekly Research Summary Paper and Presentation Format

1. Research Title (with author, journal name and year)
 2. Research Purpose
 3. Research Background (Literature review, Introduction summary)
 4. Research Method
 - a) Design
 - b) Setting
 - c) Participants
 - d) Interventions (if applicable)
 - e) Dependent Variables (outcome measures)
 5. Main Results
 6. Conclusions & Clinical Implications
- Paper: 1-page summary sheet (page margins: 1"; single space; font size 10) according to the class format
 - Paper: Attach the Copy of Original Article (with your notes. ***paragraph theme in*** Introduction must be identified and noted)
 - Paper: Make handouts of the summary paper for the class
 - Must obtain the instructor's approval on the article selection prior to the weekly due. (email submission due by every Monday 12:00PM)
 - Article selection must be related to the assigned chapter topic and recently published (within the past 7 years.)
 - Presentation: Powerpoint file must have less than 12 slides
 - Presentation: Powerpoint files should be submitted prior to the class.