

San José State University

Kinesiology 156–Introduction to Adapted Physical Activity (3 units)

Colleague of Health and Human Sciences
Department of Kinesiology

Course and Contact Information

Instructor: Dr. Jihyun Lee
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Office Hours: T 2:00–4:00pm & by appointment
Class Days/Time: W 4:00–6:45pm
Classroom: SPX151

Course Description

This course focuses on attitude change as well as knowledge, comprehension, and application of human movement principles related to individuals with disabilities **Prerequisite:** KIN 070 for majors/minors only or instructor consent.

MYSJSU Messaging and Canvas

In order to ensure that you receive all pertinent email communication, you must have a current and accurate email address in the [MySJSU](#) system. Please check to make sure your email is updated in [MySJSU](#) at <http://my.sjsu.edu>. You are responsible for regularly checking your emails and announcements posted on [Canvas](#) to learn of any updates. Copies of course materials such as the syllabus (greensheet), PowerPoint slides, and major assignment instructions and guidelines can be found on [Canvas](#) at <http://sjsu.instructure.com>. For more information on setting up your account go to [Canvas Student Resources](#) at http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources/index.html.

Kinesiology Undergraduate Degree Program Learning Outcomes

At the completion of a Bachelor of Science degree program in the Department of Kinesiology students should be able to:

1. obtain a critical understanding and the ability to apply theoretical and scientific knowledge from the subdisciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation.
2. Effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.
3. Apply scholarship and practice of different movement forms to enhance movement competence in kinesiology.
4. Recognize and apply sustainable approaches as they relate to kinesiology.
5. Identify social justice and equity issues related to kinesiology for various populations.

Course Learning Outcomes

The primary course objectives are to facilitate a positive attitude and create a knowledge base in the undergraduate student towards the provision of physical education/activity, recreation, and sport services to individuals with disabilities (PLO 1,5). At the conclusion of this course, the undergraduate student will demonstrate:

1. an understanding of the historical, legal, and cross-disciplinary foundations of adapted physical education/activity (PLO1,2,4 & 5).
2. an understanding of the IEP process (learning how to write goals and objectives) as outlined by federal rules and regulations (PLO1,2,3,&5).
3. a conceptual understanding of various disabling conditions and their implications toward adapted physical education, recreation and sport (PLO 1,2,3,4 & 5).
4. the utilization of appropriate instructional methods (including behavior management), techniques, and materials in the physical education/activity programming of the individuals with disabilities (PLO 1,2,3,5).

Course Requirements/Assignments & Evaluation Criteria:

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|--|------|
| 1. Two Exams (PLO1,2 & 5) | 30 % |
| 2. Class Activities (PLO1,2,3,4 & 5) | 20 % |
| 3. Round Table Session (PLO1,3,4 & 5) | 25 % |
| 4. Field Experience & Mini Poster (PLO1,2,3,4 & 5) | 25 % |

Required Textbook

- Winnick, J.P., & Porretta, D. L. (2017). Adapted Physical Education and Sport (6th ed.). Champaign, IL: Human Kinetics
- Other readings as assigned.

When are finals?

University [policy S17-1](#) states that "Faculty members are required to have a culminating activity for their courses, which can include a final examination, a final research paper or project, a final creative work or performance, a final portfolio of work, or other appropriate assignment." More details can be found in this University policy S17 document: <http://www.sjsu.edu/senate/docs/S17-1.pdf>

Grading Information

Final course grade will be assigned according to the following scale based on the total accumulated percentage of available points during the semester.

A+=100-97%	A=96-93%	A-=92-90%
B+=89-87%	B=86-83%	B-=82-80%
C+=79-77%	C=76-73%	C-=72-70%
D+=69-67%	D=66-63%	D-=62-60%
F= 59-0% Unsatisfactory		

Library Liaison

- **Adriana Poo**
 - **Email:** adriana.poo@sjsu.edu
 - **Phone:** (408)808-2019
 - Reference Desk: (408)808-2100

- Student Computer Service: (408)808-2470

Course Policies

• Learning Environment:

The classroom is a special environment in which students and faculty come together to promote learning and growth. It is essential to this learning environment that respect for the rights of others seeking to learn, respect for the professionalism of the instructor, and the general goals of academic freedom are maintained. Differences of viewpoint or concerns should be expressed in terms which are supportive of the learning process, creating an environment in which share of themselves without losing their identities, and to develop and understanding of the community in which they live. The instructor reserves the right to lower the grade if students do not meet class behavior expectations. All students are expected to actively participate. That means that students should:

- actively prepare by reading assigned materials
- bring class notes and reading materials to class
- refrain from anything not class related during class
- turn off cell phones
- close laptops during class sessions, presentations, and meetings
- respect each other's opinion

• Make-up Work & Tests

A missed exam or presentation will result in a zero point and no make-up test/presentation will be allowed under normal circumstances. If you need a special arrangement, you MUST discuss options with the instructor at least 48 hours BEFORE the test/presentation day. All tests will cover the information from the lectures and reading assignments (could be cumulative)

- All hardcopies of your assignments need to be turned in at the beginning of the class on the due date. All electronic copies of your assignments need to be turned in via Canvas by 11:59 p.m. on the due date
- If you fail to turn in an assignment on time (either an electronic copy or hardcopy), you will receive 50% of the points for the assignment (your points, not total points for the assignment) within a 3-day window including weekend, 25% of the point within 7-day window, and 0% after the 7-day window

• Field Work Professional Behavior Expectations

Students will complete some fieldwork hours working with individuals with disabilities to complete fieldwork assignments. In this case, proper attire is required such as tennis shoes, sweat pants, collar shirt and/or SJSU T-shirt. No gum, no headphone, and no cell phone, please. Failure to meet the professional behavior expectations will result in 20% deduction of your total points for each occasion

• Group Work Policy

- A "group work" is meant to be worked on as a group. Therefore, do not divide the assignment into sections as people start arguing which section is more challenging to do than other parts of the assignment.
- Because some individuals have difficulty working with others, they have an option to work individually and submit an individual work.

- All group members will receive the same points for the assignment: clearly indicate on the title page ALL group members who have contributed to writing the paper, and thus will be handing in identical versions/
- If you choose to continuously miss group meetings or fail to maintain contact with your group, do NOT expect your group to include your name on the group work. In such a case, you will need to complete this assignment on your own.
- The instructor will NOT accept complaints about group members any later than one week before the assignment due date. You should have a well-developed draft by then and should be aware of any difficulties you have had working with someone. The instructor will NOT accept complaints about group members until you have discussed your complaint with that group member and discussed possible solutions. That is, you must first address your concerns with that group member and bring it to his/her attention that you feel he/she is not contributing equally to the project before you come to me. If you still think you need to come to me, you must be able to tell me the response you received from the group member, so that the instructor knows a legitimate attempt was made to resolve the issue on your own.

University Policies

Please note that detailed information on the following [university policies](#) can be found on the [Office of Graduate and Undergraduate Program](#)'s website at <http://www.sjsu.edu/gup/syllabusinfo>. Please familiarize yourself with this information.

- General Expectations, Rights and Responsibilities of the SJSU Student
- Dropping and Adding
- Consent for Recording of Class and Public Sharing of Instructor Material
- Academic integrity
- Campus Policy in Compliance with the American Disabilities Act
- Student Technology Resources
- SJSU Peer Connections
- SJSU Writing Center
- SJSU Counseling and Psychological Services
- Students with Disabilities: "If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with AEC to establish a record of their disability." Academic Senate Policy F06-2 requires that students with disabilities requesting accommodations must register with AEC to establish a record of their disability." Academic Senate Policy F06-2

Course Schedule

* Schedule is subject to change. Changes will be announced in class and/or posted on Canvas

Wk	Date	Topic	Task
1	8/22	Orientation. What Do You Know about APA?	
2	8/29	Intro to APA; Models of Disabilities	Readings on Canvas Groups for Round Table Sessions
3	9/5	Legal Mandates & Inclusion	Ch1 (Laws important to APE; brief history of APE) *Bring your laptop
4	9/12	Instructional Strategies	Ch 7
5	9/19	Physical Activity Barriers; Community Resources Guest Speaker (TBA).	Reading on Canvas
6	9/26	Adapted Physical Education; Guest Speaker (Mr. Robb Stiff)	Ch2
7	10/3	<i>Canvas session:</i> IEP & Assessment	Ch 4; Ch 5
8	10/10	Behavior Management	Ch 6
9	10/17	Exam 1	
10	10/24	Autism Spectrum Disorders	Reading on Canvas
11	10/31	Visual Impairments	Read Ch14 & materials on Canvas
12	11/7	Round Table Meetings	
13	11/14	Round Table Session 1	File submission
14	11/28	Round Table Session 2	File submission
15	12/5	Round Table Session 3	File submission
16	12/19	Exam 2	