

San José State University
Department of Kinesiology
KIN 156, Introduction to Adapted Physical Activity
Section 01, Spring 2015

Course and Contact Information

Instructor:	Jennifer Schachner
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Office Hours:	TBA and by appointment
Class Days/Time:	Mondays and Wednesdays 10:30 – 11:45
Classroom:	Engineering 301

Faculty Web Page and MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on the Canvas learning management system course website. You are responsible for regularly checking with the messaging system through MySJSU and Canvas to learn of any updates.

Course Description

This course focuses on attitude change as well as knowledge, comprehension, and application of human movement principles related to individuals with disabilities. 3 units

Goals

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 sub disciplines 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 (CLO)

The scope of this course is to give the undergraduate student an introduction to physical education/activity, recreation, and sport programming of individuals with disabilities. A combined categorical/generic instructional approach will be used in presentation of material. The instructional material will be organized into two parts:

- I. Foundations of cross-disciplinary adapted physical education/activity, with service delivery implications, across the lifespan of individuals with disabilities.
- II. Individual differences in adapted physical education/activity programming, with emphasis on recreation and sport.

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 (CLO #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 (CLO #1, #2, & #5).
2. An understanding of the IEP process (learning how to write goals and objectives) as outlined by federal rules and regulations (CLO #1, #2, #3, & #5).
3. A conceptual understanding of various disabling conditions and their implications toward adapted physical education, recreation and sport (CLO #1, #2, #3, & #5).
4. An understanding of assessment and diagnostic/Prescriptive techniques in meeting the individual needs of persons with disabilities (CLO #1, #2, #3, & #5).
5. The utilization of appropriate methods (including behavior management), techniques, and materials in the physical education/activity programming of the individuals with disabilities (CLO #1, #2, #3, & #5).

Required Textbook

Winnick, J.P., (2011). Adapted Physical Education and Sport (5th ed.). New York: Human Kinetics

Other readings as assigned.

Library Liaison

The Kinesiology library liaison is Emily Chan, (408) 808-2044, Emily.Chan@sjsu.edu

Course Requirements and Assignments

SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in [University Policy S12-3](http://www.sjsu.edu/senate/docs/S12-3.pdf) at <http://www.sjsu.edu/senate/docs/S12-3.pdf>.

This course combines theory and experiential learning. Personal applications will be emphasized. Classes consist of lecture, large and small group discussions, multimedia presentations, and guided laboratory activities.

Evaluation, Grading, and Assessment Activities:

Completion of 10 Volunteer Hours and Associated Paperwork (CLO 1,3)	25%.
Fieldwork Paper and Presentation (CLO 1, 2, 3, 5)	20%.
Midterm Examination(s). (CLO 1,2,3,5)	20%.
Final Comprehensive Examination. (CLO 1,2,3,5)	15%.
Assignments and Participation (CLO 1,3)	20%

The course will consist of a combination of lecture and class discussion. Student participation is both a vital part of the learning process and an important way to enrich the classroom experience. The required textbooks will be used as a basis for understanding issues in lifespan development in APA. Lectures will present the points that are the most important for students to understand about development. Students are encouraged to raise issues, provide information from their own experiences, and ask questions at any time during the class.

Active participation in all lecture and laboratory sessions is expected. This requires that EACH class member makes an INDIVIDUAL COMMITMENT to be an active participant in the teaching/learning process. Individual contributions and differing viewpoints will be appreciated and respected.

Make-up exams are permitted only for illness and emergency (truly extraordinary circumstances). The student is responsible for notifying the instructor and making arrangements at the earliest possible time. In most cases, the exam must be completed prior to the next class meeting. All requests for make-up exams will be evaluated on an individual basis. The final exam will NOT be given early.

Assignment of Grades:

100-97%. A plus;	96-93%. A;	92-90%. A minus;
89-87%. B plus;	86-83%. B;	82-80%. B minus;
79-77%. C plus;	76-73%. C;	72-70%. C minus;
69-67%. D plus;	66-63%. D;	62-60%. D minus;
Below 60%. F;		

Classroom Protocol

All students should demonstrate respect for themselves, each other, and the instructor at all times. Intense discussions are encouraged, but never at the expense of respect and understanding. We may not agree with one another, but we do need to hear and respect one another.

A few words on cell phones, headphones, and laptops: Cell phones should be turned off during class. A vibrating cell phone is still an activated cell phone. Please remove all headphones or earpiece devices during class. Texting, e-mailing, or surfing on your cell phone or laptop are not appropriate classroom activities. They distract your attention, as well as the attention of those around you. Students who engage in these activities will be asked to leave the classroom.

Out-of-Class Assignments:

Assignments will be evaluated on the following criteria: (a) content, (b) organization, (c) analysis and critical thinking, (d) citing and use of appropriate references, when required, (e) syntax, grammar, and spelling. All assignments must be original work for this course. Assignments should reflect your best work, and must be uploaded to Canvas, in addition to submitting a hard copy at the beginning of class on the due date. Book Activities are to be turned in as hard copy only. There is no dropbox in Canvas for the book activities.

Deduction for late assignments: Points will be deducted for all late assignments unless there are serious and compelling reasons. Instructor must be notified immediately. For all late assignments, the following will be followed. For each day that an assignment is late, the grade will be dropped by 1 letter grade. After one week, the assignment will not be accepted.

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document on the [Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at http://www.sjsu.edu/provost/services/academic_calendars/. The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes. Feb. 3 is the last day to drop this class without a "W" being assigned. According to university policy, dropping the class after the drop deadline is permissible only for serious and compelling reasons, and requires written documentation. Unsatisfactory performance in course work is not a serious and compelling reason. The last day to add the class is Feb. 10. However, students who receive add codes should use them as soon as possible.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Consent for Recording of Class and Public Sharing of Instructor Material

[University Policy S12-7](http://www.sjsu.edu/senate/docs/S12-7.pdf), <http://www.sjsu.edu/senate/docs/S12-7.pdf>, requires students to obtain instructor's permission to record the course. "Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material." In classes where active participation of students or guests may be on the recording, permission of those students or guests should be obtained as well. "Course material developed by the instructor

is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.”

Academic Integrity

Your commitment, as a student, to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07-2](http://www.sjsu.edu/senate/docs/S07-2.pdf) at <http://www.sjsu.edu/senate/docs/S07-2.pdf> requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec) (AEC) at <http://www.sjsu.edu/aec> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See [University Policy S14-7](http://www.sjsu.edu/senate/docs/S14-7.pdf) at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

SJSU Peer Connections

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

SJSU Writing Center

The SJSU Writing Center is located in Clark Hall, Suite 126. All writing specialists have gone through a rigorous hiring process, and they are well trained to assist students at all levels and within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>. For additional resources and updated information, follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to



scan this code.)

SJSU Counseling Services

The SJSU Counseling Services is located on the corner of 7th Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate, or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.

Proposed Schedule

Subject to change with fair notice. Changes will be announced in class and/or posted on Canvas.

Date	Content.	Reading Assignments.	Assignment
1/26	Course introduction, syllabus, 10 hours		
1/28	Introduction/Communication	Lecture Notes-not in book	Assignment #1 (in class)
2/2	Program Management/PAPTECA	Ch. 2	
2/4	Assessment and IEP/Brockport Fitness test	Ch. 4	
2/9	Motor Development	Ch. 19	Assignment # 2 (in class)
2/11	Perceptual Motor Development	Ch. 20	
2/16	Health Related Physical Fitness FIELDWORK FORMS DUE	Ch. 23	Fieldwork Forms Due
2/18	Video: Weight of the Nation		Assignment #3 (in class)
2/23	Spinal Cord Injury/CP	Ch. 14 and 16	
2/25	Stroke/TBI	Ch. 14	
3/2	MIDTERM #1		
3/4	Older Adults	Lecture Notes-Not in book	
3/9	Video: Age of Champions		Assignment # 4 (in class)
3/11	Visual Impairments		
3/16	Hard of Hearing/Deaf	Ch. 13	
3/18	Amputations/Dwarfism	Ch. 15	
3/23 3/25	NO CLASS SPRING BREAK		
3/30	Intellectual Disabilities	Ch. 8	
4/1	Behavioral Disabilities	Ch. 9	

Date.	Content.	Reading Assignments.	
4/6	Specific Learning Disabilities	Ch. 11	
4/8	Autism and Autism Spectrum	Ch. 12	
4/7	MIDTERM #2		
4/9	Wheelchair Sport	Ch. 27 and 29	
4/13	Video: Murderball		Assignment # 5
4/15	Team Sport/Adventure/Winter	Ch. 26 and 28	
4/20	Aquatics- Timpany Center Visit (TBA)	Ch. 25	
4/22	Guest Speaker (TBA)		
4/27	Other Health Conditions/Temporary Disabilities	Ch. 17 and 18	
4/29	Final Projects		
5/4	Final Projects		You are required to be here for all presentations. Points will be deducted from your final presentation score if you miss class without serious and compelling reasons.
5/6	Final Projects		
5/11	Final Projects		
5/13	Review For Final		
	FINAL EXAM	May 19th @ 9:45	