

<b>Program</b>	BS Physical Education	<b>Course Code</b>	PE-454	<b>Credit Hours</b>	02
<b>Course Title</b>	<b>Adapted Physical Education (Theory)</b>				
<b>Course Introduction</b>					
<p>This course provides an in-depth understanding of adapted physical education (APE) for individuals with disabilities. It covers the principles, strategies, and best practices for designing and implementing effective physical education programs that meet the diverse needs of students with disabilities. The course emphasizes inclusion, assessment, and individualized education plans (IEPs).</p>					
<b>Learning Outcomes</b>					
<p>On the completion of the course, the students will:</p> <ul style="list-style-type: none"> <li>• Understand the legal and educational foundations of adapted physical education.</li> <li>• Identify and assess the needs of students with disabilities in physical education settings.</li> <li>• Develop and implement individualized physical education programs (IEPs) for students with disabilities.</li> <li>• Apply inclusive teaching strategies and modifications in physical education activities.</li> <li>• Use assessment tools to evaluate student progress and program effectiveness.</li> <li>• Promote physical activity and wellness for individuals with disabilities.</li> <li>• Collaborate with other professionals to support students with disabilities.</li> </ul>					
<b>Course Content</b>					<b>Assignments/Readings</b>
Week 1	<b>Introduction to Adapted Physical Education</b> <ul style="list-style-type: none"> <li>• Definition and importance of APE</li> <li>• Historical perspectives and legal foundations</li> <li>• Key concepts and terminology</li> </ul>				From Books and Class Lectures
Week 2	<b>Understanding Disabilities</b> <ul style="list-style-type: none"> <li>• Types of disabilities and their impact on physical activity</li> <li>• Medical and educational classifications</li> <li>• Characteristics of students with disabilities</li> </ul>				From Books and Class Lectures
Week 3	<b>Legal and Ethical Considerations</b> <ul style="list-style-type: none"> <li>• Individuals with Disabilities Education Act (IDEA)</li> <li>• Section 504 and the Americans with Disabilities Act (ADA)</li> <li>• Ethical issues in APE</li> </ul>				From Books and Class Lectures
Week 4	<b>Assessment and Evaluation</b> <ul style="list-style-type: none"> <li>• Purpose and types of assessment in APE</li> </ul>				From Books and Class Lectures

	<ul style="list-style-type: none"> <li>• Conducting functional assessments</li> <li>• Using assessment data to develop IEPs</li> </ul>	
Week 5	<p><b>Individualized Education Programs (IEPs)</b></p> <ul style="list-style-type: none"> <li>• Components of an IEP</li> <li>• Developing IEP goals and objectives</li> <li>• Implementing and monitoring IEPs</li> </ul>	From Books and Class Lectures
Week 6	<p><b>Inclusive Teaching Strategies</b></p> <ul style="list-style-type: none"> <li>• Differentiated instruction and universal design for learning (UDL)</li> <li>• Adapting activities and equipment</li> <li>• Promoting social inclusion and peer support</li> </ul>	From Books and Class Lectures
Week 7	<p><b>Practical Session: Adapting Activities</b></p> <ul style="list-style-type: none"> <li>• Hands-on experience in modifying physical activities</li> <li>• Role-playing and simulations</li> <li>• Group discussions and feedback</li> </ul>	From Books and Class Lectures
Week 8	<p><b>Physical Fitness and Wellness</b></p> <ul style="list-style-type: none"> <li>• Importance of physical fitness for individuals with disabilities</li> <li>• Designing fitness programs</li> <li>• Encouraging lifelong physical activity</li> </ul>	From Books and Class Lectures
Week 9	<p><b>Motor Skills Development</b></p> <ul style="list-style-type: none"> <li>• Motor learning and development theories</li> <li>• Teaching fundamental motor skills</li> <li>• Assessing and improving motor skills</li> </ul>	From Books and Class Lectures
Week 10	<p><b>Behaviour Management in APE</b></p> <ul style="list-style-type: none"> <li>• Understanding behaviour issues in physical education</li> <li>• Behaviour management strategies</li> <li>• Creating a positive and supportive environment</li> </ul>	From Books and Class Lectures
Week 11	<p><b>Collaboration and Teamwork</b></p> <ul style="list-style-type: none"> <li>• Working with special education teachers and therapists</li> <li>• Involving families in APE programs</li> <li>• Interdisciplinary team approaches</li> </ul>	From Books and Class Lectures
Week 12	<p><b>Practical Session: Implementing IEPs</b></p> <ul style="list-style-type: none"> <li>• Case studies and real-world scenarios</li> <li>• Developing and implementing IEPs</li> <li>• Evaluating program effectiveness</li> </ul>	From Books and Class Lectures

Week 13	<b>Technology in Adapted Physical Education</b> <ul style="list-style-type: none"> <li>• Assistive technology and adaptive equipment</li> <li>• Using technology for assessment and instruction</li> <li>• Future trends in APE technology</li> </ul>	From Books and Class Lectures
Week 14	<b>Promoting Physical Activity in the Community</b> <ul style="list-style-type: none"> <li>• Community-based programs and resources</li> <li>• Advocacy and awareness initiatives</li> <li>• Creating inclusive recreational opportunities</li> </ul>	From Books and Class Lectures
Week 15	<b>Current Trends and Research in APE</b> <ul style="list-style-type: none"> <li>• Emerging trends in adapted physical education</li> <li>• Reviewing recent research findings</li> <li>• Applying research to practice</li> </ul>	From Books and Class Lectures
Week 16	<b>Review and Final Exam Preparation</b> <ul style="list-style-type: none"> <li>• Review of key concepts and principles</li> <li>• Mock exams and practice questions</li> <li>• Final exam preparation</li> </ul>	From Books and Class Lectures

### Textbooks and Reading Material

#### Textbooks

- Horvat, M., Kelly, L. E., & Block, M. E. (2017). Assessment in adapted physical education and therapeutic recreation (7<sup>th</sup> ed.). Sagamore Publishing.
- Kasser, S. L., & Lytle, R. K. (2018). Inclusive physical activity: A lifetime of opportunities (3<sup>rd</sup> ed.). Human Kinetics.
- Lieberman, L. J., & Houston-Wilson, C. (2018). Strategies for inclusion: A handbook for physical educators (3<sup>rd</sup> ed.). Human Kinetics.
- Vickerman, P. (2019). Teaching physical education to children with special educational needs (3<sup>rd</sup> ed.). Routledge.
- Winnick, J. P., & Porretta, D. L. (2022). Adapted physical education and sport (8<sup>th</sup> ed.). Human Kinetics.

#### Suggested Readings

- **Journals:** Adapted Physical Activity Quarterly, Journal of Physical Education, Recreation & Dance (JOPERD), Palaestra
- **Websites:** National Consortium for Physical Education for Individuals with Disabilities (NCPEID), Society of Health and Physical Educators (SHAPE America)

- **Videos:** Online tutorials on adaptive techniques, webinars on inclusive practices, interviews with APE professionals