

Program	BS Physical Education	Course Code	PE-454	Credit Hours	02
Course Title	Adapted Physical Education (Theory)				
Course Introduction					
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).					
Learning Outcomes					
On the completion of the course, the students will:					
- Understand the legal and educational foundations of adapted physical education. - Identify and assess the needs of students with disabilities in physical education settings. - Develop and implement individualized physical education programs (IEPs) for students with disabilities. - Apply inclusive teaching strategies and modifications in physical education activities. - Use assessment tools to evaluate student progress and program effectiveness. - Promote physical activity and wellness for individuals with disabilities. - Collaborate with other professionals to support students with disabilities.					
Course Content					Assignments/Readings
Week 1	Introduction to Adapted Physical Education - Definition and importance of APE - Historical perspectives and legal foundations - Key concepts and terminology				From Books and Class Lectures
Week 2	Understanding Disabilities - Types of disabilities and their impact on physical activity - Medical and educational classifications - Characteristics of students with disabilities				From Books and Class Lectures
Week 3	Legal and Ethical Considerations - Individuals with Disabilities Education Act (IDEA) - Section 504 and the Americans with Disabilities Act (ADA) - Ethical issues in APE				From Books and Class Lectures
Week 4	Assessment and Evaluation - Purpose and types of assessment in APE - Conducting functional assessments - Using assessment data to develop IEPs				From Books and Class Lectures
Week 5	Individualized Education Programs (IEPs) - Components of an IEP - Developing IEP goals and objectives - Implementing and monitoring IEPs				From Books and Class Lectures

Week 6	Inclusive Teaching Strategies - Differentiated instruction and universal design for learning (UDL) - Adapting activities and equipment - Promoting social inclusion and peer support	From Books and Class Lectures
Week 7	Practical Session: Adapting Activities - Hands-on experience in modifying physical activities - Role-playing and simulations - Group discussions and feedback	From Books and Class Lectures
Week 8	Physical Fitness and Wellness - Importance of physical fitness for individuals with disabilities - Designing fitness programs - Encouraging lifelong physical activity	From Books and Class Lectures
Week 9	Motor Skills Development - Motor learning and development theories - Teaching fundamental motor skills - Assessing and improving motor skills	From Books and Class Lectures
Week 10	Behaviour Management in APE - Understanding behaviour issues in physical education - Behaviour management strategies - Creating a positive and supportive environment	From Books and Class Lectures
Week 11	Collaboration and Teamwork - Working with special education teachers and therapists - Involving families in APE programs - Interdisciplinary team approaches	From Books and Class Lectures
Week 12	Practical Session: Implementing IEPs - Case studies and real-world scenarios - Developing and implementing IEPs - Evaluating program effectiveness	From Books and Class Lectures
Week 13	Technology in Adapted Physical Education - Assistive technology and adaptive equipment - Using technology for assessment and instruction - Future trends in APE technology	From Books and Class Lectures
Week 14	Promoting Physical Activity in the Community - Community-based programs and resources - Advocacy and awareness initiatives - Creating inclusive recreational opportunities	From Books and Class Lectures
Week 15	Current Trends and Research in APE - Emerging trends in adapted physical education - Reviewing recent research findings	From Books and Class Lectures

	Applying research to practice	
Week 16	Review and Final Exam Preparation - Review of key concepts and principles - Mock exams and practice questions - Final exam preparation	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 (7th ed.). Sagamore Publishing.
- Kasser, S. L., & Lytle, R. K. (2018). Inclusive physical activity: A lifetime of opportunities (3rd ed.). Human Kinetics.
- Lieberman, L. J., & Houston-Wilson, C. (2018). Strategies for inclusion: A handbook for physical educators (3rd ed.). Human Kinetics.
- Vickerman, P. (2019). Teaching physical education to children with special educational needs (3rd ed.). Routledge.
- Winnick, J. P., & Porretta, D. L. (2022). Adapted physical education and sport (8th 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