

Program	BS Physical Education	Course Code	PE-455	Credit Hours	01
Course Title	Adapted Physical Education (Practical)				
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 unique needs of individuals with disabilities in physical education. • Develop and implement adapted physical education programs. • Use various assessment tools to evaluate the abilities and needs of individuals with disabilities. • Apply inclusive teaching strategies and modifications. • Promote physical activity and well-being among individuals with disabilities.					
Course Content					Assignments/Readings
Week 1	Orientation and Introduction to Adapted Physical Education • Activity: Introduction to adapted physical education, course overview, and expectations. • Task: Meet with the course instructor to discuss goals and objectives. • Outcome: Understand the purpose and importance of adapted physical education				From Books and Class Lectures
Week 2	Understanding Disabilities • Activity: Learn about different types of disabilities (physical, intellectual, sensory). • Task: Research and present on a specific type of disability and its impact on physical activity. • Outcome: Gain knowledge of various disabilities and their characteristics.				From Books and Class Lectures
Week 3	Assessment Tools and Techniques • Activity: Introduction to assessment tools and techniques used in adapted physical education. • Task: Practice using assessment tools with peers. • Outcome: Develop skills in evaluating the abilities and needs of individuals with disabilities.				From Books and Class Lectures
Week 4-5	Developing Individualized Education Programs (IEPs) • Activity: Learn about the components and development of IEPs.				From Books and Class Lectures

	• Task: Create a sample IEP for a hypothetical student with a disability. • Outcome: Understand how to develop and implement IEPs in physical education settings	
Week 6-7	Adapted Physical Activities and Games • Activity: Explore various adapted physical activities and games. • Task: Plan and conduct an adapted physical activity session. • Outcome: Learn to modify activities to accommodate different abilities and promote inclusion.	From Books and Class Lectures
Week 8	Mid-Term Evaluation • Activity: Mid-term review meeting with the course instructor. • Task: Reflect on progress, discuss challenges, and adjust goals as needed. • Outcome: Receive feedback and create an action plan for the remaining weeks.	From Books and Class Lectures
Week 9-10	Inclusive Teaching Strategies • Activity: Learn about inclusive teaching strategies and classroom management. • Task: Implement inclusive strategies in a mock teaching session. • Outcome: Develop skills in creating an inclusive learning environment.	From Books and Class Lectures
Week 11-12	Community-Based Adapted Physical Education Programs • Activity: Explore community-based programs and resources for adapted physical education. • Task: Visit a local community program and observe/participate in activities. • Outcome: Understand the role of community programs in promoting physical activity among individuals with disabilities.	From Books and Class Lectures
Week 13	Collaboration with Other Professionals • Activity: Learn the importance of collaboration with other professionals (e.g., occupational therapists, physiotherapists). • Task: Participate in a role-playing activity to practice collaboration and communication skills. • Outcome: Develop collaboration and teamwork skills essential for effective adapted physical education.	From Books and Class Lectures
Week 14	Technology in Adapted Physical Education • Activity: Explore the use of technology in adapted physical education (e.g., assistive devices, apps).	From Books and Class Lectures

	• Task: Plan and demonstrate a physical activity session using technology. • Outcome: Understand how technology can enhance physical activity opportunities for individuals with disabilities.	
Week 15	Final Project Preparation • Activity: Prepare for the final project and presentation. • Task: Compile a portfolio of work, including assessments, IEPs, and lesson plans. • Outcome: Summarize and reflect on the practical experiences gained throughout the course.	From Books and Class Lectures
Week 16	Final Presentation and Reflection • Activity: Present the final project to peers and faculty. • Task: Deliver a presentation summarizing key learnings, experiences, and reflections. • Outcome: Demonstrate growth and learning throughout the practical sessions and receive final feedback.	From Books and Class Lectures
Textbooks and Reading Material		
Textbooks • Auxter, D., Pyfer, J., & Huettig, C. (2019). Principles and Methods of Adapted Physical Education and Recreation (12th ed.). Publisher name not provided. • Davis, R. W., & Davis, R. (2019). Teaching Disability Sport: A Guide for Physical Educators (5th ed.). Publisher name not provided. • Lieberman, L. J., & Houston-Wilson, C. (2019). Strategies for Inclusion: A Handbook for Physical Educators (3rd ed.). Publisher name not provided. • Winnick, J. P., & Porretta, D. L. (2021). Adapted Physical Education and Sport (7th ed.). Human Kinetics.		