

Activity Selection and Adaptation

- Activity analysis
- Activity adaptations for physical fitness
- Choose appropriate fitness activities based upon activity analysis
- Adaptations for individuals with physical, psychological and /or cognitive impairments

O: Methods of Instruction

- Lecture/discussion
- Role modeling
- Case studies
- Small group leadership
- Videotaping leadership of self and others
- Peer feedback

P: Textbooks and Materials to be Purchased by Students

A list of recommended textbooks and materials is provided for students at the beginning of each semester.

Resources include:

- Selected readings from a variety of TR practice textbooks
- Selected audio-visual and computer resources
- Selected readings from books and journals

Q: Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations.

An evaluation schedule is presented at the beginning of