

# **KINE 169 - Corrective Physical Education for TAs Course Outline**

**Approval Date:** 02/13/2020

**Effective Date:** 08/14/2020

## **SECTION A**

**Unique ID Number** CCC000616694

**Discipline(s)**

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 169

**Course Title** Corrective Physical Education for TAs

**TOP Code/SAM Code** 1270.00 - Kinesiology / E - Non-Occupational

**Rationale for adding this course to the curriculum** Changing subject code to KINE. Adding recommended prep.

**Units** 1.5

**Cross List** N/A

**Typical Course Weeks** 18

**Total Instructional Hours**

**Contact Hours**

**Lecture** 0.00

**Lab** 0.00

**Activity** 54.00



- D. Exercises Principles, Techniques, and Precautions
- E. Individual Exercise Program
- F. Programs for Improvement in Posture and Low Back Problems
- G. Handling Stress and Tension
- H. Sport and recreational Activities for Fitness
- I. History and Philosophy of Corrective P.E.
- J. Mental Retardations
- K. Movement Education
- L. Perceptual Theory
- M. Gross and fine Motor Assessment
- N. Therapeutic Exercises

Required reading of text. The course is primarily based upon ac