

**Note:**

**Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.**

## ***COURSE SYLLABUS***

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### **EXSC 633**

#### **EXERCISE AND PHYSICAL ACTIVITY FOR PEOPLE WITH DISABILITIES**

#### **COURSE DESCRIPTION**

This course is designed to investigate the background, opportunities, and challenges faced by people with disabilities as related to physical activity. Physical activity program planning, implementation, and evaluation for various impairments will be examined.

#### **RATIONALE**

The purpose of this course is to make the student aware of physical, social, psychological, and emotional factors that exist for people with disabilities who desire to be physically active. This course will allow the student to apply current scientific literature and knowledge of physical activity to people with disabilities.

#### **I. PREREQUISITE**

For information regarding prerequisites for this course, please refer to the [Academic Course Catalog](#).

#### **II. REQUIRED RESOURCE PURCHASE**

Click on the following link to view the required resource(s) for the term in which you are registered: <http://bookstore.mbsdirect.net/liberty.htm>

#### **III. ADDITIONAL MATERIALS FOR LEARNING**

- A. Computer with basic audio/video output equipment
- B. Internet access (broadband recommended)
- C. Microsoft Office

#### **IV. MEASURABLE LEARNING OUTCOMES**

Upon successful completion of this course, the student will be able to:

- A. Examine the historical context of disability sports including the structure and major organizations within disability sports.
- B. Define current research and trends in disability sports.
- C. Identify numerous disabling conditions and their impact on the development of health-related fitness and sport skill development.
- D. Assess skill and fitness in order to develop individualized instructional sports plans and conditioning programs for individuals with disabilities.

- E. Evaluate individualized sport programming for individuals with disabilities.
- F. Apply a biblical worldview to working with individuals with disabilities.

## V. COURSE REQUIREMENTS AND ASSIGNMENTS

- A. Textbook readings and lecture presentations
- B. Course Requirements Checklist

After reading the Course Syllabus and [Student Expectations](#), the student will complete the related checklist found in Module/Week 1.

- C. Discussion Board Forums (4)

Discussion boards are collaborative learning experiences. Therefore, the student is required to create a thread in response to the provided prompt for each forum. Each thread must be at least 500 words, demonstrate course-related knowledge, and include at least 2 scholarly references and at least 1 biblical principle in addition to the course textbook. In addition to the thread, the student is required to reply to at least 2 other classmates' threads. Each reply must be at least 300 words and reference the course textbook and/or 1 other scholarly or biblical source.

- D. Guidelines Outline

Based on the student's reading, he/she will outline the nine guideline areas that are covered in the provided manual.

- E. Adaptive Physical Activity Program Design

- 1. Proposal and Outline

The student will write a ½-page proposal and submit it along with his/her updated Guidelines Outline. The proposal and outline must be 2–3 pages and include 6–8 scholarly resources in current APA format.

- 2. Final Submission

The student will write an 8–12-page research-based paper in current APA format that focuses on designing an adaptive physical activity program for a person with a disability. The paper must include at least 8 references in addition to the course textbooks and the Bible.

- F. Exams (3)

Each exam will cover the Reading & Study material for the previous and assigned modules/weeks. Each exam will be open-book/open-notes, contain 30 multiple-choice questions and 2 essay questions, and have a 1-hour time limit.

**VI. COURSE GRADING AND POLICIES****A. Points**

Course Requirements Checklist	10
Discussion Board Forums (4 at 100 pts ea)	400
Guidelines Outline	50
Adaptive Physical Activity Program Design	
Proposal and Outline	50
Final Submission	200
Exams (3 at 100 pts ea)	300
<b>Total</b>	<b>1010</b>

**B. Scale**

A = 940–1010    A- = 920–939    B+ = 900–919    B = 860–899    B- = 840–859  
 C+ = 820–839    C = 780–819    C- = 760–779    D+ = 740–759    D = 700–739  
 D- = 680–699    F = 0–679

**C. .Disability Assistance**

Students with a documented disability may contact Liberty University Online's Office of Disability Academic Support (ODAS) at [LUOODAS@liberty.edu](mailto:LUOODAS@liberty.edu) to make arrangements for academic accommodations. Further information can be found at [www.liberty.edu/disabilitysupport](http://www.liberty.edu/disabilitysupport).

## ***COURSE SCHEDULE***

### **EXSC 633**

Textbook: Winnick, *Adapted Physical Education and Sport* (2017).

<b>MODULE/ WEEK</b>	<b>READING &amp; STUDY</b>	<b>ASSIGNMENTS</b>	<b>POINTS</b>
<b>1</b>	Winnick: ch. 1 3 presentations 1 website	Course Requirements Checklist Class Introductions Guidelines Outline	10 0 50
<b>2</b>	Winnick: chs. 3, 6 2 presentations	Exam 1	100
<b>3</b>	Winnick: chs. 8, 11 2 presentations	DB Forum 1	100
<b>4</b>	Winnick: chs. 12–14 2 presentations	DB Forum 2	100
<b>5</b>	Winnick: chs. 17–18 2 presentations	Exam 2	100
<b>6</b>	Winnick: ch. 23 1 presentation	DB Forum 3 APAP Design – Proposal and Outline	100 50
<b>7</b>	Winnick: chs. 16, 29 3 presentations 1 website	DB Forum 4 Exam 3	100 100
<b>8</b>	Winnick: chs. 25–28 1 presentation	APAP Design – Final Submission	200
<b>TOTAL</b>			<b>1010</b>

DB = Discussion Board

APAP = Adaptive Physical Activity Program

**NOTE:** Each course module/week begins on Monday morning at 12:00 a.m. (ET) and ends on Sunday night at 11:59 p.m. (ET). The final module/week ends at 11:59 p.m. (ET) on **Friday**.