

**Sam Houston State University**  
**College of Education**  
**Department of Health and Kinesiology**  
**“Educating Educators Since 1879”**

**Adapted Kinesiology Notebook Assignment**

Effective physical education teachers must understand, appreciate, and address individual differences. Individual differences may include special needs such as intellectual disabilities (e.g., Down syndrome), pervasive developmental disorders (e.g., Autism), specific learning disabilities, mental health disorders (e.g., ADHD), physically disabling conditions (cerebral palsy), communicative disorders and visual impairments. This assignment is designed to help you developed a knowledge based about a specific disability. More specifically, you will need to identify appropriate strategies, instructional formats and resources to meet the needs of your selected disability.

**Instructions:**

In this course you are required to develop a notebook about a selected disability of your preference. The notebook must contain the following points below. You may use these points as headings for your notebook.

**Part I (Due Monday, September 19)**

**1) Introduction**

- Provide an overview of the notebook

**2) Definition**

- Define the disability
  - Use at least 2 different references to define the disability (each definition should be 2-3 sentences).

**3) Characteristics and types**

- Identify and describe at least 2 characteristics of the disability.
- If applicable, identify and describe the different types of the disability (e.g., Anxiety; generalized anxiety disorder, panic disorder, phobias, obsessive-compulsive disorder, posttraumatic stress disorder)

**4) Special considerations/Medical Conditions/Safety Issues**

- Identify and describe special consideration when working with an individual with your selected disability.
- Identify and describe medical considerations when working with an individual with your selected disability.
- Identify and describe safety issues when working with an individual with your selected disability.

## **Part II (Due Monday, October 24)**

### **5) Instructional strategies**

- Identify and describe at least 2 instructional strategies (e.g., Guided Discovery, Peer Tutoring) that may be beneficial to use when working with an individual with your selected disability.
- Briefly indicate why these instructional strategies are appropriate when working with an individual with your selected disability.

### **6) Specific Modifications/Adaptations**

- Identify and describe at least 2 modifications/adaptations when working with an individual with your selected disability.
- Briefly indicate why these modifications/adaptations are appropriate when working with an individual with your selected disability.

### **7) Learning Activities**

- Identify and describe at least 2 motor skill development activities for an individual with your selected disability.
- Briefly indicate why these motor skill development activities are appropriate when working with an individual with your selected disability.

### **8) Web Sites Resources**

- Identify and briefly describe at least 2 web sites that provide accurate information about your selected disability.

## **Part III (Due Monday, November 28)**

### **9) Individual Education Program (IEP)**

- In this section you are to propose an IEP for an individual with your selected disability. The IEP must contain the following components:
  - Assessments
    - Propose at least 2 assessment tools that you would use to assess an individual with your selected disability.
    - Indicate why you would use these assessments (each justification should be 2-3 sentences)
  - Annual Goals
    - Develop at least 2 annual goals for an individual with your selected disability.
      - The annual goals should include: 1) an action, 2) conditions under which the action should occur, and 3) a criterion for mastery of specific task.
      - The annual goals should be congruent with the assessments tools.
  - Specific Educational Services

- Based on your knowledge of the disability, propose at least 2 specific educational services. For example: Speech and language therapy, 30 minutes, two days per week.
  - Briefly indicate why you propose these specific educational services.
- Related Services
  - Based on your knowledge of the disability, propose at least 2 related services. For example: nutrition services, speech therapy, physical therapy, etc.
  - Briefly indicate why you propose these specific educational services.
- Extent to Which the Student Will Not Participate in Regular Education
  - Using Table 4-8 (page 110-111) on your text book *Principles and Methods of Adapted Physical Education and Recreation* as an example, propose instructional modifications for your selected disability.
    - Indicate at least 2 adaptations for instruction in physical education.
    - Indicate at least 2 adaptations for equipment/assistive technology devices (e.g., tape recorder, computer).
    - Indicate at least 2 adaptations for managing behavior (e.g., time-out, token economy).

**Format of Notebook/Presentation:** The notebook will be submitted in a 1 inch three ring binder. Please use Times New Roman or Courier New 12 size font, double spaced, and set margins at 1 inch. **A cover page is expected.** Unless otherwise indicated, you must write in paragraph form. You must follow APA format when writing the assignment. Consult the Publication Manual of the American Psychological Association (6th ed.) when writing your paper for proper formatting. Make sure you properly cite all references utilized in the paper. You may use the following web site for additional information about APA style <http://owl.english.purdue.edu/owl/resource/560/01/>.

**Oral in class presentation:** You are required to make an oral presentation of your findings in class. Appropriate professional dress is expected on the day of your presentation. **The complete Adapted Kinesiology Notebook Assignment must be turned in the day of your oral presentation.**

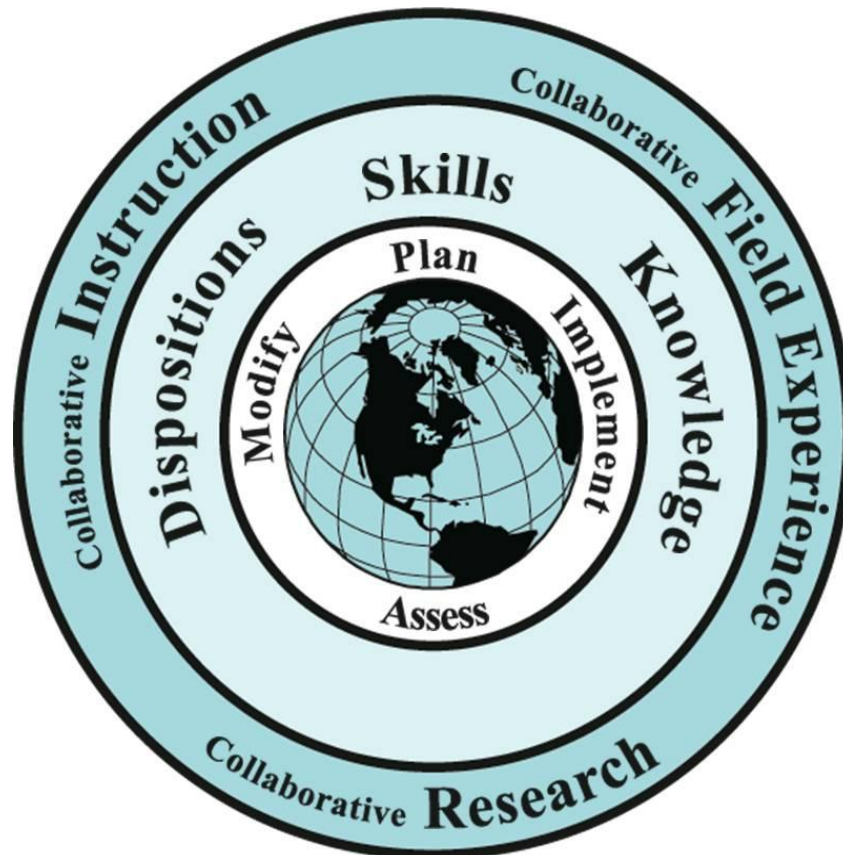
**This assignment will address the following NASPE standards:**

Standard 3: Diverse Learners 3.2 (primary emphasis)

Standard 6: Planning and Instruction 6.2 (secondary emphasis)

Standard 7: Student Assessment 7.1 (secondary emphasis)

### **College of Education Conceptual Framework**



### **Mission of the College of Education**

"Through excellent instruction, research and public service, the College of Education provides all students with opportunities to develop knowledge, skills, strategies, and experiences which allow them to serve in diverse roles and function productively in society."