**Syllabus**

A 6 module self-directed online course

Course Title: **Alternate Routes: Adapting Orientation and Mobility Techniques**

## Online/Self-Paced

**Instructor:** Perkins eLearning

**COURSE DESCRIPTION:**

**"Alternate Routes"** is made up of 6 modules, each containing video segments, readings, and assigned activities to enhance and apply your learning.  Plan to spend 1 week working through each module, followed by a Final Quiz.  While this is a self-paced course, the material will have the most impact if you work steadily through the outline in the order it is presented.

**COMPLETION REQUIREMENTS:**

Perkins eLearning Self-Paced online courses include assignments, readings, video clips, quizzes, and a final assessment. Students are expected to be familiar with all material presented in the workshop, and to submit all assignments where indicated.

A structure is suggested for you, through this syllabus and the eLearning environment; however, you may complete and submit the assignments in any order.

**EVALUATION OR GRADING POLICY:**

All submitted material is reviewed by a member of the Perkins eLearning staff and is evaluated as having met the assignment requirements. Assignments are not individually evaluated or graded. Submitted assignments are not returned.

Assignments and assessments are evaluated on a Pass/Fail scale, and *all* requirements must be met to receive credits. Be attentive to the grading rubric provided for each assignment. There is no time limit to completing a Perkins Self-Directed Workshop. The lesson plan structure is suggested as the best approach to the material.

**TEXTS:**

There is no textbook or material required for purchase for this workshop. Additional resources are suggested as optional/follow-up material.

**LEARNING OUTCOMES / OBJECTIVES:**

**Knowledge**: Participants will understand the relationship between a traveler’s additional disabilities and mastery of O&M technique.

**Skill**: Participants will be able to design modifications needed for the individual tasks of a standard O&M technique.

**Caring**: Participants will partner with their student/client to develop modifications that support the student’s development as an independent traveler.

**Ethical**: Participants will ensure the safety and appropriateness of adapted techniques, and maintain the standards of the Orientation and Mobility profession.

**INSTRUCTIONAL STRATEGIES**

X Lecture Data Collection and Analysis

Discussion/Questioning Pre-Practicum

Laboratory Role Playing/Simulation

X Problem Finding/Solving X\_ Independent Learning

Discovery Field Trips

Interviewing

Viewing or Listening to Followed by Journaling

X Reflective Responses

**COURSE REQUIREMENTS**

The required assignments for this course are listed below. Please see each individual session description for more detail about each assignment. The learning platform also provides checkboxes that can help you monitor your completion.

**COURSE CONTENT / TOPICAL OUTLINE**

**Session 1:** General Introduction

**Session Goals:**

1. Understand how to approach a self-paced tutorial
2. Understand the layout of this tutorial
3. Identify questions you have about teaching adapted techniques

*Video:* “General Introduction”

*Lecture:* General Introduction PowerPoint

*Assignment 1:* Prepare to approach this material by identifying 3-5 questions you have regarding teaching alternative O&M techniques to students or clients with multiple disabilities.

**Session 2**: Protective and Hand Trailing Techniques

**Session Goals:**

1. Analyze the tasks involved in an adapted protective or trailing technique
2. Identify the advantages and disadvantages of suggested adaptations to standard protective and trailing techniques
3. Conduct a task analysis for an adapted protective or trailing technique

*Video:*  “Protective and Hand Trailing Techniques “

*Lecture:* Protective and Hand Trailing Techniques PowerPoint

*Assignment 2:* Analyze the tasks involved in an adapted technique

*Quiz:* Check your understanding

**Session 3:**  Grasping the Cane

**Session Goals:**

1. Analyze the tasks involved in an adapted cane grasp
2. Identify the advantages and disadvantages of suggested adaptations to cane grasp
3. Describe an O&M lesson using an adapted cane grasp

*Video:* “Grasping the Cane”

*Lecture:* Grasping the Cane PowerPoint

*Assignment 3:* Explain an adaptation for a specific student

*Quiz:* Check your understanding

**Session 4:**  Cane Techniques

**Session Goals:**

1. Analyze the tasks involved in an adapted cane technique
2. Identify the advantages and disadvantages of suggested adaptations to standard cane techniques
3. Describe conditions under which specific adapted cane techniques would be used

*Video:* “Cane Techniques”

*Lecture:* Cane Techniques PowerPoint

*Assignment 4:* Explain an adaptation for a specific student in a specific environment

*Quiz:* Check your understanding

**Session 5:**  Ascending/Descending Stairs

**Session Goals:**

1. Analyze the tasks involved in an adapted technique for stairs
2. Identify the advantages and disadvantages of suggested adaptations to techniques on stairs
3. Design an adaptation based on a student’s specific environment

*Video:* “Ascending/Descending Stairs”

*Lecture:* Ascending/Descending Stairs PowerPoint

*Assignment:* Explain an adaptation in the context of stair travel

*Quiz:* Check your understanding

**Session 6:**  Summary

**Session Goals:**

Apply what you have learned to your initial questions about adapted techniques

*Readings:* Review questions from Session 1

*Video:* **“**Summary segment”

*Assignment 6:* Answer the questions you submitted in assignment #1, based on material from this tutorial

**Final Quiz**

**Request Credits**