

ADAPTIVE PHYSICAL EDUCATION **Health, Athletics, Wellness, and Kinesiology Division**

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ADAPT 79 Integrated Dance: Dance for All Bodies and Abilities

0.5 – 2 units; 0 hour Lecture, 1 – 4 hours Laboratory
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
Repeatability: May be taken a total of 1 time.
Introduces students with adaptive needs to the art of dance. Mainstreams students to techniques for dancing together, expanding body and spatial awareness, coordination, and movement vocabulary while developing physical ability and creative expression.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

ADAPT 90 Adaptive Swimming

0.5 – 2 units; 0 hour Lecture, 1 – 4 hours Laboratory
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
Repeatability: May be taken a total of 1 time.
Provides instruction on basic swimming strokes and water safety skills for physically limited students and developmentally delayed learners. A built in ramp and a water chair are available at poolside.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

ADAPT 91 Adaptive Bowling

0.5 – 2 units; 0 hour Lecture, 1 – 4 hours Laboratory
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
Repeatability: May be taken a total of 1 time.
Provides instruction on the techniques of bowling for physically limited students and developmentally delayed learners. Class held off campus.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

ADAPT 93 Exercise and Fitness-Adaptive

0.5 – 2 units; 0 hour Lecture, 1 – 4 hours Laboratory
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
Repeatability: May be taken a total of 1 time.
Provides instruction on strength, endurance, flexibility, balance, and cardiovascular conditioning for physically limited students and developmentally delayed learners. Instructor and student develop a program to meet student's unique needs.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

ADAPT 94 Adaptive Tennis

0.5 – 1.5 units; 0 hour Lecture, 1 – 3 hours Laboratory
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
Repeatability: May be taken a total of 1 time.
Provides instruction on basic tennis strokes and strategy in singles and doubles play for physically limited students and developmentally delayed learners.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

ADAPT 96 Adaptive Yoga

0.5 – 2 units; 0 hour Lecture, 1 – 4 hours Laboratory
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
Repeatability: May be taken a total of 1 time.
Provides adapted instruction on asanas (physical postures) for physically limited students with attention to breath awareness and postural alignment to develop strength, endurance, flexibility, balance and to reduce stress. Develops awareness and consciousness to establish the mind/body connection.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all KIN activity courses: maximum credit-4 units.