**Finance Courses**

**FIN 4  Money Management**
4 units; 3 hours Lecture, 2 hours Laboratory
Recommended Preparation: BUS 155.
Repeatability: May be taken a total of 1 time.
Teaches the financial planning process of money management including budgeting, credit and debt analysis, investments options (stocks, bonds, and mutual funds), acquiring real estate, and retirement planning. Outlines various methods to establish wealth to maintain an independent and secure financial life. This course may be offered in a Distance-Learning Format.
*Transfer Credit:* Transfers to CSU; UC.

**FIN 10  Introduction to Investments**
4 units; 3 hours Lecture, 2 hours Laboratory
Recommended Preparation: Eligibility for MATH 154.
Repeatability: May be taken a total of 1 time.
Surveys of investment management and investment alternatives with particular emphasis on the equity markets including analysis of investment goals, the relationship of risk to rewards, internal and external factors affecting market prices, choosing among investment alternatives, and the time value of money. Involves the use of computers and Internet-based research. This course maybe offered in a Distance-Learning Format.
*Transfer Credit:* Transfers to CSU.

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**ADAPTIVE PHYSICAL EDUCATION**

**Health, Athletics, Wellness, and Kinesiology Division**

Cynthia S. T. FitzGerald, PhD
HAWK Division, Associate Dean for Allied Health,
SDLC & Adaptive Physical Education
(831) 477-3303 (mornings);
(831) 477-3278 (afternoons)
Aptos Counseling: (831) 479-6274 for appointment
Watsonville Counseling: (831) 786-4734
Call (831) 479-6266 for more information
http://www.cabrillo.edu/programs

**ADAPT 79  Integrated Dance: Dance for All Bodies and Abilities**
0.5 – 2 units; 0 hour Lecture, 1 – 4 hours Laboratory
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
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
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
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
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
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.

ALLIED HEALTH
Health, Athletics, Wellness, and Kinesiology Division
Cynthia S. T. FitzGerald, PhD
HAWK Division, Associate Dean for Allied Health, SDLC & APE
Aptos Counseling: (831) 479-6274 for appointment
Watsonville Counseling: (831) 786-4734
Call (831) 479-6266 for more information
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AL 100A-Z  Special Topics in Allied Health Careers
0.5 – 3 units; 0.5 – 3 hours Lecture or 1.5 – 9 hours Laboratory
Repeatability: May be taken a total of 1 time.
Examines selected areas of study in the field of Allied Health, including but not limited to Nursing, Radiologic Technology, Dental Hygiene, Medical Assistant, and careers in disability and rehabilitation. May include on-site experience and/or intensive study of a topic applicable to one or more of the Allied Health career areas. May be offered in a Distance-Learning Format.
Transfer Credit: Non-transferable.

AL 101  A Review of Anatomy and Physiology
2 units; 2 hours Lecture
Prerequisite: BIO 4 and BIO 5
Repeatability: May be taken a total of 1 time.
Reviews the principles of human anatomy and physiology for those students awaiting admission to an allied health profession and for those health professionals who desire to review the subject matter. May be offered in a Distance-Learning Format.
Transfer Credit: Non-transferable.

ALH 110  Allied Health Foundation Course
1 unit; 2 hours Laboratory
Repeatability: May be taken a total of 1 time.
Teaches allied health students medical professional behaviors that lead to academic and professional career success, including self-discipline, leadership, effective teamwork, multicultural awareness, and working styles.
Transfer Credit: Non-transferable.