ADAPTIVE PHYSICAL EDUCATION

ADAPT 79  Integrated Dance: Dance for All Bodies And Abilities

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: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit- 4 units.

Section  Days  Times  Units  Instructor  Room
97774  TTH  11:10AM-12:30PM  1.50  S.Took-Zozaya  1101
Emphasis on integrated dance.

ADAPT 90  Adaptive Swimming

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: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit- 4 units.

Section  Days  Times  Units  Instructor  Room
97775  MW  12:40PM-2:00PM  2.00  C.Brezner  POOL
&  F  12:40PM-1:30PM  L.Norton  POOL
97776  TTH  12:40PM-2:00PM  1.50  C.Brezner  POOL
97777  F  12:40PM-1:30PM  0.50  L.Norton  POOL

ADAPT 91  Adaptive Bowling

Provides instruction on the techniques of bowling for physically limited students and developmentally delayed learners. Class held off campus.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit- 4 units.

Section  Days  Times  Units  Instructor  Room
97778  M  2:30PM-5:35PM  1.50  C.Brezner  OFFCAM
For physically limited students. Meets at Boardwalk Bowl, 115 Cliff St., Santa Cruz.

ADAPT 93  Exercise and Fitness-Adaptive

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: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit- 4 units.

Section  Days  Times  Units  Instructor  Room
97779  MW  9:30AM-10:50AM  1.50  L.Norton/R.Naderi  1116
97780  TTH  9:30AM-10:50AM  1.50  C.Brezner  1116
97781  TTH  9:30AM-10:50AM  1.50  L.Norton  HW1112
Emphasis on Post Stroke Mobility.
97782  W  9:30AM-10:50AM  0.75  L.Norton  HW1112
Emphasis on Post Stroke Mobility.
97783  M  10:00AM-10:50AM  1.00  C.Brezner  1101
&  W  10:00AM-11:05AM  C.Brezner  1101
Emphasis on fitness and conditioning through sport.
97784  T  10:05AM-10:55AM  1.00  S.Spencer  1101
&  TH  10:05AM-11:10AM  S.Spencer  1101
97785  TTH  11:00AM-12:20PM  1.50  L.Norton  HW1112
Emphasis on Post Stroke Mobility.
97786  MW  11:10AM-12:30PM  1.50  L.Norton/R.Naderi  1101
Emphasis on flexibility and balance.
97787  MW  11:10AM-12:30PM  1.50  L.Norton/R.Naderi  1101
&  F  11:10AM-12:00PM  C.Brezner  1116
97788  MW  11:10AM-12:00PM  2.00  C.Brezner  1116
97789  F  11:10AM-12:00PM  0.50  L.Norton  1116
97787  TTH  11:00AM-12:20PM  1.50  L.Norton/R.Naderi  1101
Emphasis on Post Stroke Mobility.
97788  MW  11:10AM-12:30PM  2.00  C.Brezner  1116
97789  M  10:00AM-11:00AM  1.00  C.Brezner  1116
&  W  10:00AM-11:05AM  C.Brezner  1116
Emphasis on fitness and conditioning through sport.
97784  T  10:05AM-11:00AM  1.00  S.Spencer  1101
&  TH  10:05AM-11:10AM  S.Spencer  1101

ADAPT 94  Adaptive Tennis

Provides instruction on basic tennis strokes and strategy in singles and doubles play for physically limited students and developmentally delayed learners.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit- 4 units.

Section  Days  Times  Units  Instructor  Room
97790  T  11:00AM-11:50AM  1.00  C.Brezner  TENCOURT
&  TH  11:00AM-12:05PM  C.Brezner  TENCOURT

ADAPT 96  Adaptive Yoga

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.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit- 4 units.

Section  Days  Times  Units  Instructor  Room
97791  W  11:00AM-12:20PM  0.75  L.Norton  HW1112
Emphasis on standing balance activity.