

ADAPTIVE PHYSICAL EDUCATION

Health, Wellness, Physical Education and Athletics Division

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<http://www.cabrillo.edu/programs>

Adaptive Physical Education Courses

ADAPT 90

Adaptive Swimming

½–2 units; 1 hour Activity

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

For physically limited students. Includes basic swimming strokes and watermanship skills, with adaptation necessary to circumvent physical disability. Aides are available in the pool; a built in ramp and a water chair are available at poolside.

Transfer Credit: Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

ADAPT 91

Adaptive Bowling

½–2 units; 1 hour Activity

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

Techniques of bowling, with a variety of adaptations to circumvent disabilities. Class held off campus.

Transfer Credit: Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit-4 units.

ADAPT 92

Wheelchair Basketball

½–2 units; 1 hour Activity

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

Improvement of physical conditioning and basketball skills for competitive wheelchair athletes.

Transfer Credit: Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit-4 units.

ADAPT 93

Exercise and Fitness-Adaptive

½–2 units; 1 hour Activity

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

For physically limited students. A variety of special equipment designed to increase strength, endurance, flexibility, cardiovascular conditioning is available. Instructor and student develop a program to meet student's unique needs.

Transfer Credit: Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit-4 units.

ADAPT 94

Adaptive Tennis

½–1½ units; 1 hour Activity

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times, thereafter may be audited.

For physically challenged and/or developmentally delayed learners. Skill development in basic strokes, including strategy sessions in singles and doubles play.

Transfer Credit: Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit-4 units.

