

ADAPTIVE PHYSICAL EDUCATION

Health, Athletics, Wellness, and Kinesiology Division

Kathleen Welch, Division Dean

Division Office, Room 1102

Michel Witzig, Program Chair, (831) 479-6576

Aptos Counselor: (831) 479-6274 for appointment

Watsonville Counselor: (831) (831) 786-4734

Call (831) 479-6266 for more information

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

Adaptive Physical Education Courses

ADAPT 90

Adaptive Swimming

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 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, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

ADAPT 91

Adaptive Bowling

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

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

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

ADAPT 92

WHEELCHAIR BASKETBALL

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

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

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; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 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, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

ADAPT 94

Adaptive Tennis

0.5 - 1.5 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 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, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

ADAPT 96

Adaptive Yoga

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter, may be audited.

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.