
ADAPTIVE PHYSICAL EDUCATION

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.

<u>Section</u>	<u>Days</u>	<u>Times</u>	<u>Units</u>	<u>Instructor</u>	<u>Room</u>
97600	MTWTH	11:10AM-12:30PM	1.00	C.Brezner	POOL

Meets 6 weeks, 6/19-7/27. Holiday 7/4.

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.

<u>Section</u>	<u>Days</u>	<u>Times</u>	<u>Units</u>	<u>Instructor</u>	<u>Room</u>
97601	MTWTH	9:30AM-10:50AM	1.00	C.Brezner	1116

Meets 6 weeks, 6/19-7/27. Holiday 7/4.