

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 & F	12:40PM-2:00PM 12:40PM-1:30PM	2.00	.Staff C.Brezner	POOL POOL
97776	TTH	12:40PM-2:00PM	1.50	C.Brezner	POOL
97777	F	12:40PM-1:30PM	0.50	C.Brezner	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	.Staff	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/Staff	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.

Section	Days	Times	Units	Instructor	Room
97782	W	9:30AM-10:50AM	0.75	L.Norton	HW1112

Emphasis on Post Stroke Mobility.

Section	Days	Times	Units	Instructor	Room
97783	M & W	10:00AM-10:50AM 10:00AM-11:05AM	1.00	C.Brezner C.Brezner	1101 1101
97784	T & TH	10:05AM-10:55AM 10:05AM-11:10AM	1.00	.Staff .Staff	1101 1101
97785	TTH	11:00AM-12:20PM	1.50	L.Norton	HW1112

Emphasis on Post Stroke Mobility.

Section	Days	Times	Units	Instructor	Room
97787	MW	11:10AM-12:30PM	1.50	C.Brezner	1101

Emphasis on flexibility and balance.

Section	Days	Times	Units	Instructor	Room
97788	MW & F	11:10AM-12:30PM 11:10AM-12:00PM	2.00	.Staff C.Brezner	1116 1116
97786	F	11:10AM-12:00PM	0.50	C.Brezner	1116
97789	T & TH	1:10PM-2:00PM 1:10PM-2:15PM	1.00	L.Norton L.Norton	HW1112 HW1112

Emphasis on Post Stroke Mobility.

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 & TH	11:00AM-11:50AM 11:00AM-12:05PM	1.00	C.Brezner C.Brezner	TENCOURT 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.