

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
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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
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Emphasis on Post Stroke Mobility.

97787	MW	11:10AM-12:30PM	1.50	L.Norton/R.Naderi	1101
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Emphasis on flexibility and balance.

97788	MW	11:10AM-12:30PM	2.00	C.Brezner	1116
&	F	11:10AM-12:00PM		L.Norton	1116

97786	F	11:10AM-12:00PM	0.50	L.Norton	1116
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97789	T	1:10PM-2:00PM	1.00	L.Norton	HW1112
&	TH	1:10PM-2:15PM		L.Norton	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	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.