

**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
1	TTH	11:10AM-12:30PM	1.50	S.Spencer	1117

**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
1	MW	12:40PM-2:00PM	2.00	C.Brezner	POOL
&	F	12:40PM-1:30PM		L.Norton	POOL
2	TTH	12:40PM-2:00PM	1.50	C.Brezner	POOL
3	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
1	M	2:30PM-5:35PM	1.50	C.Brezner	OFFCAM

For physically limited students. Meets at Boardwalk Bowl, 115 Cliff St., Santa Cruz. Bowling fee required-paid directly to Boardwalk Bowl.

**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
1	M	9:30AM-10:50AM	1.50	L.Norton	1116
&	W	9:30AM-10:50AM		R.Naderi	1116
2	TTH	9:30AM-10:50AM	1.50	L.Norton	HW1112

Emphasis on post stroke mobility.

3	W	9:30AM-10:50AM	0.75	L.Norton	HW1112
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Emphasis on post stroke mobility.

**ADAPT 93 - continued**

4	M	10:00AM-10:50AM	1.00	C.Brezner	STADIUM
&	W	10:00AM-11:05AM		C.Brezner	STADIUM

Emphasis on fitness through sport development.

5	T	10:00AM-10:50AM	1.00	R.Naderi	1101
&	TH	10:00AM-11:05AM		R.Naderi	1101

Emphasis on chair aerobics and joint motion.

6	TTH	11:00AM-12:20PM	1.50	L.Norton	HW1112
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Emphasis on post stroke mobility.

7	F	11:10AM-12:00PM	0.50	L.Norton	1116
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8	MW	11:10AM-12:30PM	2.00	C.Brezner	1116
&	F	11:10AM-12:00PM		L.Norton	1116

9	TTH	11:10AM-12:30PM	1.50	C.Brezner	1116
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10	T	1:10PM-2:00PM	1.00	L.Norton	HW1112
&	TH	1:10PM-2:15PM		L.Norton	HW1112

Emphasis on post stroke mobility.

11	W	1:10PM-2:30PM	0.75	R.Naderi	HW1112
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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
1	T	10:00AM-10:50AM	1.00	C.Brezner	TENCOURT
&	TH	10:00AM-11:05AM		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
1	W	11:00AM-12:20PM	0.75	L.Norton	HW1112

Emphasis on post stroke mobility.

2	M	11:10AM-12:30PM	1.50	L.Norton	1101
&	W	11:10AM-12:30PM		R.Naderi	1101

Emphasis on stretching and balance.