

ADAPTED PHYSICAL EDUCATION (APE)

APE 0160 Adapted Physical Exercise (0.0 Units)

Prerequisite: Physical or intellectual condition limiting participation in regular physical education courses. Grade Option. Medical release applicable. An introductory individualized fitness program designed to maintain or increase current fitness level. Activities include postural skills, elements of fitness, relaxation and body concepts. CSU, UC
Lab Hours: 54.0

Transfer: Not transferable

APE 160A Introduction to Adapted Physical $\frac{1}{2}$ exercise (1.0 Units)

An introductory individualized fitness program designed to maintain or increase current fitness level. Activities include postural skills, elements of fitness, relaxation and body concepts. Prerequisite: Physical or intellectual condition limiting participation in regular physical education courses. Medical release applicable. Grade option. CSU/UC
Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

APE 160B Intermediate Adapted Physical Exercise (1.0 Units)

An individualized fitness program designed to maintain or increase current fitness level. Activities include postural skills, elements of fitness, relaxation and body concepts. Prerequisite: Physical condition limiting participation in regular physical education courses. Medical release applicable. Grade option. CSU/UC
Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

APE 160C Advanced Adapted Physical Exercise (1.0 Units)

An advanced individualized fitness program designed to maintain or increase current fitness level. Activities include postural skills, elements of fitness, relaxation and body concepts. Prerequisite: Physical condition limiting participation in regular physical education courses. Medical release applicable. Grade option. CSU/UC
Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

APE 0166 Introduction to Adapted Cardiovascular $\frac{1}{2}$ training (0.0 Units)

This course is designed to meet the needs of students who require restricted or modified activities. Individualized cardiovascular exercise programs will be performed by students with instruction covering the elements of physical fitness. Emphasis will be placed on cardiovascular training principles and techniques. A physical condition limiting participation in regular physical education courses is required. Medical release required.

Lab Hours: 54.0

Transfer: Not transferable

APE 166A Introduction to Adapted Cardiovascular $\frac{1}{2}$ training (1.0 Units)

This introductory course is designed to meet the needs of students who require restricted or modified activities. Individualized cardiovascular exercise programs will be performed by students with instruction covering the elements of physical fitness. Emphasis will be placed on cardiovascular training principles and techniques. Prerequisite: Physical condition limiting participation in regular physical education courses. Medical release required. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

APE 166B Intermediate Adapted Cardiovascular $\frac{1}{2}$ training (1.0 Units)

This intermediate course is designed to meet the needs of students who require restricted or modified activities. Individualized cardiovascular exercise programs will be performed by students with instruction covering the elements of physical fitness. Emphasis will be placed on cardiovascular training principles and techniques. Prerequisite: Physical condition limiting participation in regular physical education courses. Medical release required. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

APE 166C Advanced Adapted Cardiovascular $\frac{1}{2}$ training (1.0 Units)

This advanced course is designed to meet the needs of students who require restricted or modified activities. Individualized cardiovascular exercise programs will be performed by students with instruction covering the elements of physical fitness. Emphasis will be placed on cardiovascular training principles and techniques. Prerequisite: Physical condition limiting participation in regular physical education courses. Medical release required. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to CSU only

APE 0167 Introduction to Adapted Weight Training (0.0 Units)

This course is designed to meet the needs of students with disabilities who require restricted or modified activities. Individualized exercise programs will be performed by students with instruction covering the elements of physical fitness through weight training. Emphasis will be placed on principles and techniques. A physical condition limiting participation in regular physical education courses is required. Medical release required.

Lab Hours: 54.0

Transfer: Not transferable

APE 167A Introduction to Adapted Weight Training (1.0 Units)

This introductory course is designed to meet the needs of students with disabilities who require restricted or modified activities. Individualized exercise programs will be performed by students with instruction covering the elements of physical fitness through weight training. Emphasis will be placed on principles and techniques. Prerequisite: Physical condition limiting participation in regular physical education courses. Medical release applicable. Grade Option. CSU

Lab Hours: 54.0

Transfer: Transfers to CSU only

APE 167B Intermediate Adapted Weight Training (1.0 Units)

This intermediate course is designed to meet the needs of students with disabilities who require restricted or modified activities. Focus on the elements of physical fitness through weight training. Prerequisite: Physical condition limiting participation in regular physical education courses. Medical release applicable. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

APE 167C Advanced Adapted Weight Training (1.0 Units)

This advanced course is designed to meet the needs of students with disabilities who require restricted or modified activities. Emphasis will be placed on principles and techniques. Prerequisite: Physical condition limiting participation in regular physical education courses. Medical release applicable. Grade Option. CSU

Lab Hours: 54.0

Transfer: Transfers to CSU only

APE 0183 Introduction to Adapted Walking for Fun½fitness (0.0 Units)

This introductory course is designed to meet the needs of students who require restricted or modified activities. Individualized cardiovascular exercise programs will be performed by students with instruction covering the elements of physical fitness. Emphasis will be placed on cardiovascular training principles and techniques through walking. Medical release required. A physical condition limiting participation in regular physical education courses. Medical release required.

Lab Hours: 54.0

Transfer: Not transferable

APE 183A Introduction to Adapted Walking For½fun Fitness (1.0 Units)

This introductory course is designed to meet the needs of students who require restricted or modified activities. Individualized cardiovascular exercise programs will be performed by students with instruction covering the elements of physical fitness. Emphasis will be placed on cardiovascular training principles and techniques through walking. Medical release required. Prerequisite: Physical condition limiting participation in regular physical education courses. Medical release applicable. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

APE 183B Intermediate Adapted Walking for½Fun Fitness (1.0 Units)

This intermediate course is designed to meet the needs of students who require restricted or modified walking activities. Prerequisite: Physical condition limiting participation in regular physical education courses. Medical release applicable. Grade Option. CSU,UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

APE 183C Advanced Adapted Walking for½Fun Fitness (1.0 Units)

This advanced course is designed to meet the needs of students who require restricted or modified walking activities. Prerequisite: Physical condition limiting participation in regular physical education courses. Medical release applicable. Grade Option. CSU,UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU