

ADAPTED PHYSICAL EDUCATION (APE)

APE 160A Introduction to Adapted Physical 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. Medical release applicable. Grade option.

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. Medical release applicable. Grade option.

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. Medical release applicable. Grade option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

APE 166A Introduction to Adapted Cardiovascular 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. Medical release required. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

APE 166B Intermediate Adapted Cardiovascular 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. Medical release required. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

APE 166C Advanced Adapted Cardiovascular 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. Medical release required. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

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. Medical release applicable. Grade Option.

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. Medical release applicable. Grade Option.

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. Medical release applicable. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

APE 183A Introduction to Adapted Walking for Fun 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. Medical release applicable. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

APE 183B Intermediate Adapted Walking for Fun Fitness (1.0 Units)

This intermediate course is designed to meet the needs of students who require restricted or modified walking activities. Medical release applicable. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

APE 183C Advanced Adapted Walking for Fun Fitness (1.0 Units)

This advanced course is designed to meet the needs of students who require restricted or modified walking activities. Medical release applicable. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU