

# ADAPTED PHYSICAL EDUCATION

"Kinesiology, derived from the Greek words kinesis (movement) and kinein (to move), also known as human kinetics, is the science of human movement. It is a discipline that focuses on Physical Activity" (News-Medical.Net).

Kinesiology as an academic science emphasizes knowledge of the body through the study of movement and exercise physiology. Kinesiology also contributes to the intellectual, social, emotional, spiritual, and physical growth and development of each student. Other areas of study in Kinesiology include public health (HLTH 101 Introduction to Public Health), nutrition (HLTH 202 Nutrition for Fitness), healthy lifestyles, stress management, as well as psychological aspects of physical activity, and injury care and prevention (KIN 141 Athletic Training I, KIN 142 Athletic Training II and ALDH 141 Athletic Training I, ALDH 142 Athletic Training II and certificates for Athletic Training (<https://catalog.vvc.edu/degrees-certificates/kinesiology/#certificatestext>)). Additional specialties within the discipline of Kinesiology which are more fully addressed in the curriculum at Victor Valley College are Dance and Adapted Physical Education. A variety of activities are offered, encouraging students to develop lifelong fitness activities and patterns for recreation.

With the exception of the Adapted Physical Education courses, all Kinesiology and Physical Education activity classes are intended for normal, healthy, individuals. It is highly recommended that anyone 35 years or older have a physical checkup before enrolling. Kinesiology is required for the Associate of Arts and Associate of Science degrees and all Kinesiology, Kinesiology Dance, Health and Adapted Physical Education courses fulfill this requirement.

## **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 0166 Introduction to Adapted Cardiovascular 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 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 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. 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 0183 Introduction to Adapted Walking for Fun Fitness (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 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