ADAPTED PHYSICAL EDUCATION (APE)

APE 030E Adapted Physical Education - Adapted Fitness for Life 1 Unit
Students with disabilities learn how to improve general fitness levels, improve muscular strength, and improve cardiovascular endurance.
Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
Open Curriculum*: Students need documentation proving their disability on file in the DSPS office and an Adapted PE medical form release on file with the DSPS office and/or class instructor prior to the first day of the class.
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

APE 053E Adaptive Low Impact Walking/Jogging for Health 1 Unit
Students with disabilities are introduced to the benefits of exercise through walking and jogging and to the principles of exercise which will increase cardiovascular conditioning, endurance and flexibility. Adaptations will be integrated per the disability.
Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
Open Curriculum*: Students need documentation proving their disability on file in the DSPS office and an Adapted PE medical form release on file with the DSPS office and/or class instructor prior to the first day of the class.
Transfer Status: CSU Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

APE 056E Adapted Physical Education - Adapted Weight Training 1 Unit
Students with disabilities will learn how to improve muscular strength and conditioning. Students will learn adaptive weight training skills and techniques, and how to utilize specialized equipment to enhance muscular strength, muscular endurance, and general fitness.
Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
Open Curriculum*: Students need documentation proving their disability on file in the DSPS office and an Adapted PE medical form release on file with the DSPS office and/or class instructor prior to the first day of the class.
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

APE 500 Adapted Body Conditioning Weight Training 0 Units
Students with disabilities will participate in personalized exercise programs created to focus on strength training, cardiovascular endurance, and flexibility. Emphasis is on encouraging independence through the teaching of lifelong fitness skills.
Lecture Hours: None Lab Hours: 3 Repeatable: Yes Grading: N
Open Curriculum: No prerequisite, corequisite or levels
Transfer Status: None Degree Applicable: NC
CSU GE: None IGETC: None District GE: None