

ADAPTED PHYSICAL EDUCATION (APE)

APE 030E 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
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

APE 053E Adapted 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/UC Degree Applicable: AA/AS
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

APE 056E 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
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

APE 500 Adapted Body Conditioning 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
Prerequisite: Students need written verification of a disability and an Adapted Physical Education health verification medical referral form provided by a physician, on file in the SAS office and to the instructor, prior to the first day of class.

Transfer Status: None Degree Applicable: NC
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

APE 501 Adapted Low-Impact Swimming for Health 0 Units

This course is designed for students with disabilities. Personalized programs will include instruction in water safety, aquatic exercise and basic swimming skills. Programs will address the limitations of individual disability. Emphasis is on encouraging independence through the teaching of lifelong fitness skills.

Lecture Hours: None Lab Hours: 3 Repeatable: Yes Grading: N
Prerequisite: Students need written verification of a disability and an Adapted Physical Education health verification medical referral form provided by a physician, on file in the SAS office and to the instructor, prior to the first day of class.

Transfer Status: None Degree Applicable: NC
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.