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
CSU GE: E  IGETC: None  District GE: E

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
CSU GE: E  IGETC: None  District GE: E

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
CSU GE: E  IGETC: None  District GE: E

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
CSU GE: None  IGETC: None  District GE: None

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
CSU GE: None  IGETC: None  District GE: None