

# ADAPTED PHYSICAL EDUCATION (ADPE)

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## **ADPE 6 - Adapted Functional Training (1 unit)**

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab

This course is designed for students with disabilities to apply concepts of functional training in improving their physical capacity.

*Repeatable: Repetition of educational assistance class allowed to provide appropriate accommodations (Title 5, Section 56029)*

*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units*

*GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness*

## **ADPE 8 - Introduction to Adapted Physical Education (0.5 units)**

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 25.5 hours lab

This course is designed to provide students with disabilities an introduction to the adapted physical education program.

*Repeatable: Repetition of educational assistance class allowed to provide appropriate accommodations (Title 5, Section 56029)*

*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units*

*GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness*

## **ADPE 9 - Adapted Personal Fitness (1.5 units)**

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 76.5 hours lab

This course provides information and activities designed to increase the physical fitness of students with disabilities. Portions of instruction may be offered online; may also be offered fully online.

*Repeatable: Repetition of educational assistance class allowed to provide appropriate accommodations (Title 5, Section 56029)*

*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units*

*GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness*

## **ADPE 10 - Adapted Weight Training (1 unit)**

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab

This course offers weight training exercises and routines for special populations with the goal to develop and maintain muscular tone, strength, and endurance.

*Repeatable: Repetition of educational assistance class allowed to provide appropriate accommodations (Title 5, Section 56029)*

*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units*

*GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness*

## **ADPE 13 - Physical Education: Adapted (1.5 units)**

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 85 hours lab

This course provides specially designed exercise for students with disabilities.

*Repeatable: Repetition of educational assistance class allowed to provide appropriate accommodations (Title 5, Section 56029)*

*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units*

*GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness*

## **ADPE 14 - Adapted Aerobics (1 unit)**

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab

This course is designed to provide non-impact creative rhythmic activities for students with disabilities.

*Repeatable: Repetition of educational assistance class allowed to provide appropriate accommodations (Title 5, Section 56029)*

*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units*

*GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness*

## **ADPE 15 - Heart Healthy Exercise (1.5 units)**

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 85 hours lab

The course is designed for students who have, or are at high risk for, cardiovascular conditions that prevent their safe participation in regular physical education. The emphasis is on positive lifestyle changes including diet, stress management, and exercise.

*Repeatable: Repetition of educational assistance class allowed to provide appropriate accommodations (Title 5, Section 56029)*

*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units*

*GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness*

## **ADPE 16 - Adapted Flexibility and Movement Techniques (1 unit)**

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab

Designed for students with disabilities, this course covers various stretching techniques and exercises and explores movement principles related to flexibility. Portions of instruction may be offered online; may also be offered fully online.

*Repeatable: Repetition of educational assistance class allowed to provide appropriate accommodations (Title 5, Section 56029)*

*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units*

*GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness*