

ADAPTIVE PHYSICAL EDUCATION

ADAPT 90 Adaptive Swimming 

For physically limited students, includes basic swimming strokes and water-manship skills, with adaptations necessary to circumvent physical disability. Repeatability: May be taken 4 times for credit.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
74020	MW	12:40PM-02:00PM	2.00	M.Witzig	POOL
&	F	12:40PM-01:30PM		C.Brezner	POOL
74021	TTH	12:40PM-02:00PM	1.50	C.Brezner	POOL
74019	F	12:40PM-01:30PM	0.50	C.Brezner	POOL

ADAPT 91 Adaptive Bowling 

Techniques of bowling from a wheelchair with a variety of adaptations to circumvent disabilities. Repeatability: May be taken 4 times for credit.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
74022	M	02:30PM-04:35PM	1.00	M.Witzig	OFFCAM

For physically limited students. Meets at Boardwalk Bowl, 115 Cliff St., Santa Cruz.

ADAPT 93 Exercise and Fitness-Adaptive 

For physically limited students, a variety of special equipment designed to increase strength, endurance, feasibility, and cardiovascular conditioning is available. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
74027	MW	09:30AM-10:50AM	1.50	M.Witzig	1112A
74031	TTH	09:30AM-10:50AM	1.50	L.Norton	HW1112
Emphasis on Post Stroke Mobility.					
74033	W	09:30AM-10:50AM	0.75	L.Norton	HW1112
Emphasis on Post Stroke Mobility.					
74029	M	10:00AM-10:50AM	1.00	C.Brezner	1101
&	W	10:00AM-11:05AM		C.Brezner	1101
Emphasis on flexibility and balance.					
74028	T	10:00AM-10:50AM	1.00	C.Brezner	STADIUM
&	TH	10:00AM-11:05AM		C.Brezner	STADIUM
Section 74028 includes aerobics and sports development. Meets in the football stadium.					
74023	T	10:05AM-10:55AM	1.00	M.Witzig	1101
&	TH	10:05AM-11:10AM		M.Witzig	1101
Emphasis on chair aerobics and joint motion.					
74032	TTH	11:00AM-12:20PM	1.50	L.Norton	HW1112
Emphasis on Post Stroke Mobility.					
74025	MW	11:10AM-12:30PM	2.00	M.Witzig	1112A
&	F	11:10AM-12:00PM		C.Brezner	1112A
74024	TTH	11:10AM-12:30PM	1.50	C.Brezner	1112A
74026	F	11:10AM-12:00PM	0.50	C.Brezner	1112A

ADAPT 94 Adaptive Tennis 

For physically challenged and/or developmentally delayed learners. Repeatability: May be taken a total of 4 times; thereafter may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
74040	MW	11:10AM-12:30PM	1.50	C.Brezner	TENCOURT

ADAPT 96 Adaptive Yoga 

Provides adapted instruction on asanas (physical postures) for physically limited students with attention to breath awareness and postural alignment to develop strength, endurance, flexibility, balance and to reduce stress. Repeatability: May be taken 4 times, thereafter may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
74041	M	11:40AM-12:20PM	1.00	L.Norton	HW1112
&	W	11:00AM-12:05PM		L.Norton	HW1112

Emphasis on Standing Balance Activity.