

KIN-A04 — ADAPTIVE WATER EXERCISE

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: None

Limitation on enrollment: Medical approval and verification of a physical disability

Description: Provides physical education for students with a physical disability to gain increased strength, flexibility, balance, movement memory and coordination in a shallow water pool. Students will use flotation devices, strength and balance equipment in a basic movement and exercise format. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)