

KINESIOLOGY: ADAPTIVE (KINL)

KINL 2 Physical Fitness for the Physically Limited

0.5-1 Units (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

A modified physical fitness conditioning program incorporating cardiovascular training exercises, specifically designed for students with a disability or limitation. Students who repeat this course will improve their fitness level through further instruction and practice.

KINL 18 Weight Training for the Physically Limited

0.5-1 Units (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Designed to assist students with a disability or limitation develop strength, endurance, flexibility, and physical fitness through weight training.