

# KINESIOLOGY: ADAPTIVE (KINL)

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## **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)

Lab: 36-54

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)

Lab: 36-54

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