

NCPE 1.32: Adapted Core Stretching

This adapted flexibility course is designed to meet the needs of students with disabilities. This course includes instruction in a variety of stretching exercises to enable a student to attain optimal range of motion. Guided gentle muscle stretching and core stabilizing exercises with an emphasis on proper body alignment, breathing techniques, and relaxation are addressed to encourage independence and develop lifelong fitness skills.

Units: 0

Lecture Hours: 0, Lab Hours: 48 – 54

Prerequisites: None

Co-Requisites: None

Advisory: None

Not transferable