

NCPE 1.33: Adapted Aquatics

This non-credit adapted physical education course is designed to meet the needs of students with disabilities. This class provides instruction in dynamic water exercises with a focus on the development of cardiovascular endurance, muscle strength, flexibility, and balance. Individualized swimming programs and water safety are included. Emphasis is on encouraging independence through the teaching of lifelong fitness skills.

Units: 0

Lecture Hours: 0, Lab Hours: 48 – 54

Prerequisites: None

Co-Requisites: None

Advisory: None

Not transferable