

KINESIOLOGY, ADAPTED (KINA)

KINA 1 1 units

PE for the Physically Limited

54 hours laboratory

Grading: letter grade.

Formerly KINA 1AD. This course is designed to produce a program of individual and group exercises and physical activities that develop motor patterns and perceptual-motor skills, endurance, strength and self-awareness. All activities will be adapted to the interests, capabilities and limitations of each student.

Transferable to both UC and CSU; see counselor for limitations