PE 7  Theory of Sports Management  
Units: 3  Hours: 3 Lecture  
Transferable: CSU  
This course introduces the theory of organizing, planning, directing and controlling a sports program. Areas such as budgeting, fundraising, advertising, marketing, and studying contract law will also be included.

PE 9A  Fundamentals of Soccer  
Units: 2  Hours: 1 Lecture, 3 Laboratory  
Transferable: CSU; UC; GAV-GE: E1  
This course offers basic instruction in the theory, strategies, and techniques of soccer for the purpose of preparing the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 9B  Fundamentals of Soccer  
Units: 2  Hours: 1 Lecture, 3 Laboratory  
Transferable: CSU; UC; GAV-GE: E1  
This course offers review and advanced instruction in the theory, strategies, and techniques of soccer for the purpose of preparing the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 10A  Fundamentals of Softball  
Units: 2  Hours: 1 Lecture, 3 Laboratory  
Transferable: CSU; UC  
Basic Theory, strategy, technique, practice and conditioning of softball to prepare the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 10B  Fundamentals of Softball  
Units: 2  Hours: 1 Lecture, 3 Laboratory  
Advisory: PE 10A  
Transferable: CSU; UC  
This course offers review and advanced instruction in the theory, strategies, and techniques of softball for the purpose of preparing the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 11A  Fundamentals of Baseball  
Units: 2  Hours: 1 Lecture, 3 Laboratory  
Transferable: CSU; UC  
Theory, strategy, technique, practice and conditioning of baseball to prepare the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 11B  Fundamentals of Baseball  
Units: 2  Hours: 1 Lecture, 3 Laboratory  
Transferable: CSU; UC  
This course offers review and advanced instruction in the theory, strategies, and techniques of baseball for the purpose of preparing the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 12A  Fundamentals of Football  
Units: 2  Hours: 1 Lecture, 3 Laboratory  
Transferable: CSU; UC  
Basic organization and administration of a football program involving equipment, practice schedules, personnel, conditioning, scouting, weight training, and football specific drills. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 12B  Fundamentals of Football  
Units: 2  Hours: 1 Lecture, 3 Laboratory  
Advisory: Physical Education 12A.  
Transferable: CSU; UC  
The administration and organization of a football program involving practice schedules, personnel, equipment, scouting, conditioning, weight training and football drills. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 13A  Fundamentals of Volleyball  
Units: 2  Hours: 1 Lecture, 3 Laboratory  
Transferable: CSU; UC  
This course offers basic instruction in the theory, strategies, and techniques of volleyball for the purpose of preparing the student in all aspects of playing and coaching the game. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 13B  Fundamentals of Volleyball  
Units: 2  Hours: 1 Lecture, 3 Laboratory  
Advisory: Physical Education 13A.  
Transferable: CSU  
This course offers review and advanced instruction in the theory, strategies, and techniques of volleyball for the purpose of preparing the student in all aspects of playing and coaching the game. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PA 14A  Fundamentals of Basketball  
Units: 2  Hours: 1 Lecture, 3 Laboratory  
Transferable: CSU; UC; GAV-GE: E1  
Basic theory, strategy, technique, practice, and conditioning involved in basketball to prepare the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 14B  Fundamentals of Basketball  
Units: 2  Hours: 1 Lecture, 3 Laboratory  
Advisory: PE 14A  
Transferable: CSU; UC; GAV-GE: E1  
More in-depth and advanced instruction in the theory, strategy, practice, and conditioning in basketball to better prepare the individual student in all aspects of playing and coaching the sport. Designed for the student who has already completed PE 14A. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PHYSICAL EDUCATION: ACTIVITIES

General Education Requirements, pages 48-49
### COURSE OFFERINGS

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 16</td>
<td>Swimming</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5-1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Coeducational activity designed for all skill levels. The course teaches the techniques of a variety of strokes and includes conditioning activities. Instruction is tailored to meet individual and group needs. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 17</td>
<td>Golf</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5-1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Coeducational activity designed for all skill levels; fundamentals, techniques, rules and etiquette of golf. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 18</td>
<td>Tennis</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5-1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Coeducational activity stressing fundamentals of tennis such as forehand, backhand, serve and volley, along with the rules, etiquette and strategies of the game. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 19</td>
<td>Badminton</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5-1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Coeducational activity designed for beginning and intermediate badminton students; rules, etiquette and fundamentals of badminton. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 20</td>
<td>Bowling</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5-1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Coeducational activity designed for beginning and intermediate bowlers; fundamentals and techniques of bowling. Scoring, bowling etiquette, terminology and team bowling are included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 21</td>
<td>Volleyball</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5-1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Coeducational activity designed for beginning and intermediate volleyball students; rules, strategy and fundamentals of volleyball. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 24</td>
<td>Individualized Weight Training</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
</tbody>
</table>

An open laboratory for those who desire an individualized strength program using exercise machines and free weights. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 25</td>
<td>Soccer</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5-1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Co-educational activity designed for all skill levels. Fundamentals, strategy and rules of the game are included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 27</td>
<td>Basketball</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5-1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Co-educational activity designed for all skill levels. Fundamentals, strategy and rules of the game are included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 29</td>
<td>Racquetball</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5-1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Coeducational activity stressing fundamentals of forehand, backhand, serve and volley, rules and etiquette of the game. May be repeated three times for credit.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 33</td>
<td>Walk/Run for Fitness</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
</tbody>
</table>

A program of walking and/or running designed to improve cardiovascular fitness and strengthen the muscles throughout the body. This course has the option of a letter grade or pass/no pass and may be repeated three times for credit.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 37</td>
<td>Softball</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5-1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Coeducational activity designed for all skill levels. Rules, fundamentals, and strategy and game play will be included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 39</td>
<td>Fencing</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5-1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

This course will explore the offensive and defensive fencing skills with a foil. May be repeated three times credit. This course has the option of a letter grade or pass/no pass.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 40</td>
<td>Aquatic Exercise</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
</tbody>
</table>

A variety of exercises will be performed in shallow water to improve one’s aerobic fitness, flexibility, and strength; while at the same time providing an exercise form easy on skeletal stress. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Code</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 41</td>
<td>Ski Conditioning</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
</tbody>
</table>

Coeducational activity introducing fundamentals of skiing, equipment, safety and physical conditioning for skiing. May be repeated three times for credit.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Hours</th>
<th>Transferable</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 43</td>
<td>Lifetime Fitness</td>
<td>1</td>
<td>3 Laboratory</td>
<td>CSU; UC; CSU-GE: E1; GAV-GE: E1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
This course is designed to improve fitness in three areas: cardiovascular, strength and flexibility. Students will undergo testing procedures to evaluate their cardiovascular fitness, body composition, blood pressure, flexibility and strength. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PE 44  Aerobics**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
A program of aerobic fitness. Includes various forms of exercise to improve health, heart, and body composition. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PE 46  Agility and Motor Development**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
An activity class designed to improve and increase agility and motor development through various exercise and exercise programs. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PE 60  Folk Dance**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
This class provides an opportunity to enjoy and become familiar with culture, music and dances of the many countries of the world. May be repeated three times for credit.

**PE 61  Swim for Fitness**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
Designed to develop endurance and swimming skills in order to maintain good cardiovascular/physical fitness. Intermediate swimming ability recommended. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PE 62  Yoga**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
Co-educational activity designed for beginning yoga students. A program designed to improve flexibility and reduce stress, by learning a series of postures and focusing on proper breathing techniques. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PE 63  Water Polo**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
Beginning/intermediate water polo for competitive play. Includes covering drills, strategies, techniques, and rules. Co-educational activity. May be repeated three times for credit.

**PE 64  Individualized Cardiovascular Fitness**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
A fitness program which develops cardiovascular endurance through an individualized open lab format. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PE 65  Baseball**
Units: 5-1  Hours: 3 Laboratory
Course designed for students who desire to learn the fundamentals, mechanics, strategy, history and rules of the game of competitive baseball. Course is designed for students of all skill levels, ages, and both genders who wish to play or coach youth baseball. This course has the option of a letter grade or pass/no pass. May be repeated three times for credit.

**PE 66  Dance Fundamentals**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
Designed to introduce and develop movement principles and skills necessary to perform modern dance and ballet. May also include jazz and/or tap dance. Emphasizes enjoyment of dance as a form of exercise and will include some conditioning. Basic choreography skills will be included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PE 68  Bootcamp Fitness**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
A challenging series of drills and exercises that develop, improve and increase strength, flexibility, agility and cardiovascular abilities. Designed for all levels of fitness. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PE 70  Pilates**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
This class utilizes the Pilates exercise system focused on improving flexibility and strength for the total body through a series of controlled movements. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PE 71  Self-Defense for Women**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
Instruction in techniques of self-defense which will help students avoid and respond to dangerous situations. Emphasis will be placed on how women can defend themselves when under attack. This course has the option of a letter grade or pass/no pass. May be repeated three times for credit.

**PE 72  Aikido**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
An introduction to the Japanese-derived martial art. Emphasis will be on mind-body harmony, balance, and relaxation. Aikido self-defense techniques aim toward the creative resolution of conflict and the growth of the individual. This course has the option of a letter grade or pass/no pass. May be repeated three times for credit.

**PE 73  Fitness Through Dance**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
Conditioning the body through the use of various dances and/or dance steps. This course is designed to strengthen and tone the body, assist in weight loss, and increase endurance. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PE 74  Hiking**
Units: 5-1  Hours: 3 Laboratory
**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1
Introduces the Santa Clara county parks, trails, and surrounding areas. Includes fun, challenging hikes which average 5-8 miles on moderate to steep terrain. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PE 75  Sports Conditioning**
This course will become active for the fall 2007 semester.

**PE 36 Adapted Physical Education**

- **Units:** 5-1
- **Hours:** 3 Laboratory
- **Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1

An individualized program of adaptive physical education activities designed to meet the needs of students with physical disabilities. Develops an appreciation of physical activity as a regular planned contribution to one’s overall well-being. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PE 76 Marathon Training**

- **Units:** 5-1
- **Hours:** 3 Laboratory
- **Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1

This course will become active for the fall 2007 semester.

This course is designed to train individuals for participation in long-distance events. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PE 78 Dance Repertory**

- **Units:** 5-1
- **Hours:** 3 Laboratory
- **Advisory:** An ability to perform more complex patterns of movement with a strong level of dance technique; or Current enrollment in a dance class; or Permission of the instructor.
- **Transferable:** CSU; CSU-GE: E1; GAV-GE: E1

This course will become active for the fall 2007 semester.

Study, rehearse and perform choreography provided by faculty, guest artists and/or student choreographers. Opportunities to perform at informal settings at the college and various locations in the Gavilan community. The class includes dance warm up and work on technical skills, improvisational study, creating choreographic studies for group and solo forms and rehearsal and performance of finished dances either for the class, college or community. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Also listed as THEA 78.

**PE 99B Golf for Business and Life**

- **Units:** 5-1
- **Hours:** 3 Laboratory
- **Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1

Designed to teach and improve the golf skill of students and to suggest ways in which students can use golf as a business tool. This course has the option of a letter grade or pass/no pass. May be repeated three times for credit.

**PHYSICAL EDUCATION: ADAPTED**

**PE 34 Adapted Aquatic Exercise**

- **Units:** 5-1
- **Hours:** 3 Laboratory
- **Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1

Designed to help individuals who by the nature of their disability such as wheelchair use, back injury, cardiovascular impairment, multiple sclerosis or other disabling condition require a specific aquatic exercise program that will contribute to their physical well-being. May be repeated as necessary based on measurable progress as documented in the student’s educational contract. This course has the option of a letter grade or pass/no pass.

**PE 35 Adapted Swimming for Total Fitness**

- **Units:** 5-1
- **Hours:** 3 Laboratory
- **Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1

An individualized program of activities designed for students with physical disabilities to improve flexibility and range-of-motion, increase joint movement, improve circulation, and improve control of body movement through water adjustment and activities. Develops an appreciation of physical activity as a regular planned contribution to one’s overall well-being. May be repeated as necessary based on measurable progress as documented in the student’s educational contract. This course has the option of a letter grade or pass/no pass.

**PE 36 Adapted Physical Education**

- **Units:** 5-1
- **Hours:** 3 Laboratory
- **Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1

An individualized program of activities designed for students with physical disabilities. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. This course is not designed to replace physical therapy, but to complement it and to continue once physical therapy has been terminated. This class is offered on an open entry/exit basis.

**PE 534 Adapted Aquatic Exercise**

- **Units:** 5-1
- **Hours:** 3 Laboratory
- **Transferable:** No

Designed to help individuals who by the nature of their disability such as wheelchair use, back injury, cardiovascular impairment, multiple sclerosis or other disabling condition require a specific aquatic exercise program that will contribute to their physical well being. May be repeated as necessary based on measurable progress as documented in the student’s educational contract. This is a pass/no pass course.

**Photo courtesy of the Gilroy Dispatch**