

PHYSICAL EDUCATION - ADAPTIVE PE (PHDA)

PHDA 15A • MODIFIED TOTAL FITNESS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Designed to provide the student the opportunity to engage in an appropriate and safe total body workout. Exercise programs will be developed with consideration given to each student's individual needs and abilities. Students will learn the components of physical fitness and how they apply to specific exercises.

PHDA 15B • INTERMEDIATE MODIFIED TOTAL FITNESS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Designed to provide the student the opportunity to engage in an appropriate and safe total body workout. Exercise programs will be developed with consideration given to each student's individual needs and abilities. Students will progress in their level of exercise, incorporating balance and coordination activities.

PHDA 15C • PROGRESSIVE MODIFIED TOTAL FITNESS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Designed to provide the student the opportunity to engage in an appropriate and safe total body workout. Exercise programs will be developed with consideration given to each student's individual needs and abilities. Students will progress to a higher level of exercise, adding functional fitness activities incorporating all components of fitness, including balance and coordination skills.

PHDA 16 • MODIFIED GENERAL CONDITIONING

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 60X.

Degree and Credit Status: Degree-Applicable Credit Course

Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Personal instruction in exercise programs to develop a comprehensive exercise program based on physical abilities and individual goals. Cardiovascular endurance, flexibility, muscular strength and endurance, balance and/or motor skills, as appropriate.

PHDA 17 • MODIFIED RESISTIVE EXERCISE

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 61X.

Degree and Credit Status: Degree-Applicable Credit Course

Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Instructs students in methodologies for increasing muscular strength and endurance. Uses free weights, pin set weight machines, medicine balls, resistance bands, etc., as appropriate.

PHDA 18 • INDIVIDUALIZED EXERCISE FOR SPECIAL POPULATIONS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 62X.

Degree and Credit Status: Degree-Applicable Credit Course

Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Cardiovascular endurance, muscular endurance and strength, flexibility, balance and coordination activities, motor skills, as appropriate. Emphasis on adapting and developing an exercise program to meet individual needs and goals.

PHDA 20 • MODIFIED FUNCTIONAL FITNESS

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 66X.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: Not Repeatable

Exercises for improving activities of daily living. Emphasis on proper body mechanics, postures, and movement patterns. Development of joint mobility, muscular strength, muscular endurance, balance, coordination, and locomotion as it relates to daily activities.

PHDA 21A • MODIFIED AQUATICS

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 70X.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: Not Repeatable

Group or individualized instruction in proper swimming and water exercise techniques.

PHDA 21B • MODIFIED WATER EXERCISE

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 71X.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: Not Repeatable

Group and/or individual water exercise program to increase muscular strength and endurance, flexibility, cardiovascular endurance, balance and coordination, and relaxation, as appropriate.

PHDA 23 • MODIFIED AEROBIC EXERCISE

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 64 or PHDA 64.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: Not Repeatable

Aerobic exercise, individually modified, to increase cardiovascular and muscular endurance. Combination of aerobic exercise through the use of various cardiovascular machines or use of the track.

PHDA 24 • MODIFIED STRETCHING & FLEXIBILITY

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 65 or PHDA 65.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: Not Repeatable

Individualized and/or group instruction on the proper forms of stretching exercises for students. Emphasis on increased range of motion and flexibility.

PHDA 25 • BALANCE & FUNCTIONAL MOVEMENT

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 67 or PHDA 67.

Degree and Credit Status: Degree-Applicable Credit Course

Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: Not Repeatable

Balance and functional exercise training to enhance mobility and neuromuscular function. Emphasis on enhancing functional movement, movement efficiency, muscular strength, muscular endurance, and flexibility.

PHDA 401 • ADAPTED MOVEMENT

Units: 0
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

This course is designed for students with disabilities. Provides personal instruction, addressing the individual needs of each student. Will focus on improving muscular strength and endurance, cardiovascular endurance, flexibility, balance and coordination. Will also promote the awareness and application of personal wellness through physical activity.