

# PHYSICAL EDUCATION - ADAPTIVE PE (PHDA)

## PHDA 15A • MODIFIED TOTAL FITNESS

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 7: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	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 16 • MODIFIED GENERAL CONDITIONING

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	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.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 7: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	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

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	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.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 7: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	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

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	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.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 7: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	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 21B • MODIFIED WATER EXERCISE

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	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.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 7: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	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.