

# EXERCISE SCIENCE/ SPECIALIZED (ES/S)

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## ES/S 101 ADAPTIVE AQUATIC SPORT 0.5-1 UNITS

Pass/No Pass or Grade is Allowed

Prerequisite: Level of physical strength and ability sufficient to avoid injury to the student and others in course activities; Demonstrated swimming proficiency.

Laboratory 3 hours

Offered: ALL

Provides instruction to students with disabilities and chronic diseases in one or more of the following aquatic sports: canoeing, kayaking, body boarding, or paddling. Includes selection and safe use of equipment and basic aquatic safety. [D; CSU; UC] (Formerly: ES/L 101;ES/L 101A)

## ES/S 106 ADAPTED FLEXIBILITY FITNESS 0.5-1 UNITS

Pass/No Pass or Grade is Allowed

Prerequisite: Level of physical strength and agility to avoid injury to the student and others in course activities.

Laboratory 3 hours

Offered: ALL

Introduces stretching techniques that are designed to increase range of motion. Emphasizes safe, effective and progressive techniques to improve joint health. Reduces risk of injury, increases flexibility, and improves body awareness. [D; CSU; UC] (Formerly: ES/L 106)

## ES/S 108 ADAPTED GENTLE YOGA 0.5-1 UNITS

Pass/No Pass or Grade is Allowed

Prerequisite: Level of physical strength and ability sufficient to avoid injury to the student and others during course activities.

Laboratory 3 hours

Offered: ALL

Introduces gentle yoga postures and movements. Emphasizes muscular endurance, balance, flexibility, and relaxation through modified traditional yoga postures, breathing, and stretches. Integrates Yoga philosophy and awareness of body into fitness program and lifestyle. [D; CSU; UC]

## ES/S 113 ADAPTED PERSONALIZED FITNESS 0.5-1 UNITS

Pass/No Pass or Grade is Allowed

Prerequisite: Level of physical strength and ability sufficient to avoid injury to the student and others in course activities.

Laboratory 3 hours

Offered: ALL

Assists students with disabilities and chronic diseases in utilizing the muscle fitness and cardio equipment. Includes general flexibility, strengthening, and muscular fitness exercises to aid in body maintenance and cardiovascular conditioning. [D; CSU; UC] (Formerly: ES/L 113A;ES/L 113)

## ES/S 121 ADAPTED AQUATIC FITNESS 0.5-1 UNITS

Pass/No Pass or Grade is Allowed

Prerequisite: Level of physical strength and ability sufficient to avoid injury to the student and others in course activities.

Laboratory 3 hours

Offered: ALL

Provides instruction in aquatic exercise to students with disabilities and chronic diseases. Utilizes total body workouts that incorporate water-resistive exercises for cardiorespiratory, muscular endurance, and flexibility training. [D; CSU; UC] (Formerly: ES/L 121A;ES/L 121)

## ES/S 122 ADAPTED SWIMMING 0.5-1 UNITS

Pass/No Pass or Grade is Allowed

Prerequisite: Level of physical strength and ability sufficient to avoid injury to the student and others in course activities and comfort in and around water.

Lecture 0.50 hours, laboratory 2.50 hours

Offered: ALL

Provides instruction in swimming and aquatic safety skills to students with disabilities and chronic diseases. Emphasizes practice and improvement of fundamental swimming strokes through modifications based on students' abilities. [D; CSU; UC]