

# ADAPTED KINESIOLOGY, CERTIFICATE OF SPECIALIZATION

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Banner Code: 1\_CE\_AKIN

Not Financial Aid Eligible

This Certificate of Specialization is designed for students who wish to participate in the Adapted Physical Education Program at Orange Coast College and work towards completing course work in adapted physical activity and nutrition classes. It provides students with special needs the opportunity to develop skills related to teamwork, personal responsibility, dedication to a personal fitness program, effective communication, within a physically active environment. Students who complete this certificate will have demonstrated excellence in time management, Personal drive, enthusiasm and commitment to a goal. Increased physical independence, self-help skills or skills that promote independence and self-sufficiency and/or mobility.

## Program Outcome

1. Students will apply transferable life skills related to teamwork, personal responsibility, dedication to a personal fitness program, effective communication, compromise, self-care and self-confidence.
2. Create a personal fitness plan.

Review Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/certificates/#specializationtext>).

Course	Title	Units
<b>Required Courses</b>		
<i>Select six units:</i>		
KIN A170	Adapted Strength Training	0.5-1.5
KIN A172	Adapted Aquatics	0.5-1.5
KIN A173	Adapted Strength and Balance	0.5-1.5
KIN A174	Adapted Cardiovascular Fitness	0.5-1.5
KIN A176	Adapted Stretching	0.5-1.5
KIN A177	Adapted Yoga	0.5-1.5
<b>Total Units</b>		<b>6</b>

## Program Sequence

These sequences at Orange Coast College are curriculum maps for students to finish all requirements for the certificate. There may be advisories, prerequisites, or time requirements that students need to consider before following these maps. **Students are advised to meet with an Orange Coast College Counselor for alternate sequencing.**