

# ADAPTED KINESIOLOGY PROGRAM

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Adapted Kinesiology classes are designed for students with physical disabilities who can benefit from personalized exercise programs. A variety of courses are offered for improvement in strength, balance, flexibility, and cardiovascular endurance, in addition to courses in individual sports such as bowling and aquatics. Students must register through the Accessibility Resource Center (ARC) and complete a necessary medical verification form prior to participation. For more information, call (714) 432-5528 or email [occarc@ccd.edu](mailto:occarc@ccd.edu).