

Adaptive Physical Education (APE)

APE 100 Adaptive Aquatics I

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed to introduce the student with various or multiple health-related problems to the benefits of warm water resistance to muscles and joints. The buoyancy of the water will ease the movement of ankles, knees, hips, and other joints by reducing the pounding produced by normal walking or running. The course will consist of some components of Ai Chi, unpredictable command techniques, stretching, aqua resistance movements and relaxation techniques. The rehabilitation pool will be used with a water temperature of 90 degrees. The pool depth is from 1" beginning at the steps to 5' at the deepest end.

APE 101 Adaptive Aquatics II

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is a continuation of APE 100. With proper orientation, the student may enroll in this course for the first time without enrollment in the prior course. Taught in rehabilitation pool.

APE 102 Adaptive Aquatics III

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is a continuation of APE 101. With proper orientation, the student may enroll in this course for the first time without enrollment in the prior course. Taught in rehabilitation pool.

APE 103 Adaptive Aquatics IV

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed to provide aquatic activities for students unable to participate in regular aquacise courses. The student will have an opportunity to create an aquatic fitness exercise program adapted to their individual capabilities.

APE 104 Ai Chi

.5-2 Hours

Prerequisites: None
hours weekly (variable)

A combination of deep breathing and slow, deliberate movements using concepts of Tai Chi, Shiatsu, and Qigong in chest-deep water, thus promoting flexibility, range of motion and general mobility as well as increased metabolism, caloric consumption, and blood circulation. Ai Chi decreases stress, insomnia, depression, anger, fatigue and anxiety. Ai Chi is helpful for hypertension, weight control, back pain, arthritis, and fibromyalgia. Taught in rehabilitation pool.

APE 105 Unpredictable Command Technique

.5-2 Hours

Prerequisites: None
hours weekly (variable)

The activities and movements in this course are intended primarily for students with varying states of debilitation from injury, aging, disease or illness, and sedentary lifestyles. The initial emphasis is helping students regain body awareness and reliable, safe voluntary motor control for the trunk and extremities. Achieving that, and based on functional needs, students move into strengthening exercise and increasing endurance. Taught in rehabilitation pool.

APE 106 Arthritis Aquatics

.5-2 Hours

Prerequisites: None
hours weekly (variable)

Arthritis Aquatics will provide the student with the opportunity to exercise affected joints in the rehabilitation pool with 92° water. Range of motion exercises against warm water resistance will be the focus of the course.

APE 107 MS Aquatics

.5-2 Hours

Prerequisites: None
hours weekly (variable)

Aquatic exercises provided to maintain or improve balance and coordination without undue fatigue in

85° water. Ai Chi will be used for warm up and Feldenkrais for stretching techniques. Taught in instructional pool.

APE 108 Aqua Rehabilitation

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed to provide aquatic exercise for individuals who need therapy and/or rehabilitation for various joints or body parts. Warm water instruction in the rehabilitation pool is provided.

APE 113 Ai Chi II

.5-2 Hours

Prerequisites: None
hours weekly (variable)

A combination of deep breathing and slow, deliberate movements using concepts of Tai Chi, Shiatsu and Qigong in chest deep water thus promoting flexibility, range of motion and general mobility as well as increased metabolism, caloric consumption and blood circulation. Ai Chi decreases stress, insomnia, depression, anger, fatigue and anxiety. Ai Chi is helpful for hypertension, weight control, back pain, arthritis and fibromyalgia. A continuation of APE 104.

APE 114 Ai Chi III

.5-2 Hours

Prerequisites: None
hours weekly (variable)

A combination of deep breathing and slow, deliberate movements using concepts of Tai Chi, Shiatsu and Qigong in chest deep water thus promoting flexibility, range of motion and general mobility as well as increased metabolism, caloric consumption and blood circulation. Ai Chi decreases stress, insomnia, depression, anger, fatigue and anxiety. Ai Chi is helpful for hypertension, weight control, back pain, arthritis and fibromyalgia. A continuation of APE 113.

APE 115 Ai Chi IV

.5-2 Hours

Prerequisites: None
hours weekly (variable)

A combination of deep breathing and slow, deliberate movements using concepts of Tai Chi, Shiatsu and Qigong in chest deep water thus promoting flexibility, range of motion and general mobility as well as increased metabolism, caloric consumption and blood circulation. Ai Chi decreases stress, insomnia, depression, anger, fatigue and anxiety. Ai Chi is helpful for hypertension, weight control, back pain, arthritis and fibromyalgia. A continuation of APE 114.

APE 116 Arthritis Aquatics II

.5-2 Hours

Prerequisites: None
hours weekly (variable)

Arthritis Aquatics will provide the student with the opportunity to exercise affected joints in the therapy pool with 91 degree water. Range of motion exercises against warm water resistance will be the focus of the course. A continuation of APE 106.

APE 117 Arthritis Aquatics III

.5-2 Hours

Prerequisites: None
hours weekly (variable)

Arthritis Aquatics will provide the student with the opportunity to exercise affected joints in the therapy pool with 91 degree water. Range of motion exercises against warm water resistance will be the focus of the course. A continuation of APE 116.

APE 118 Arthritis Aquatics IV

.5-2 Hours

Prerequisites: None
hours weekly (variable)

Arthritis Aquatics will provide the student with the opportunity to exercise affected joints in the therapy pool with 91 degree water. Range of motion exercises against warm water resistance will be the focus of the course. A continuation of APE 117.

APE 199 Adaptive PE Activities

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course will acquaint students with a variety of adaptive PE activities. Topics may vary each semester.

APE 200 Block Adaptive Aquacise I

.5-1 Hour

Prerequisites: None
hours weekly (variable)

This 8-week course is designed to provide aquatic activities for students unable to participate in regular aquacise courses. The student will have an opportunity to create an aquatic fitness exercise program adapted to their individual capabilities.