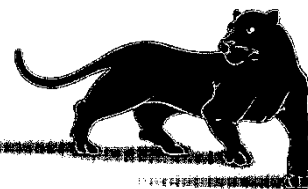




Adapted Physical Education Exercise Science/Specialized (ES/S) Spring 2020



For more information contact School of Wellness, Exercise Science & Athletics at:
(619) 421-6700 X 5662 or tpfister@swccd.edu

These classes begin on January 29, 2020 and end on May 22, 2020!!

ES/S 106 Adapted Flexibility Fitness 1 Unit

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]

Class Number	Course/Section Number	Time	Days	Room
620168	ES/S 106 01	1:20PM - 2:45 PM	Th	Wellness Center Rm 70-310

ES/S 106 begins January 30, 2020 and ends on May 22, 2020

Instructor: Toni Pfister

ES/S 113 Adapted Personalized Fitness 1 Unit

This exercise class is designed to utilize the Nautilus and cardio equipment. General flexibility, strengthening and muscular endurance, along with body maintenance and cardiovascular conditioning is the class objective.

Class Number	Course/Section Number	Time	Days	Room
620185	ES/L 113 S02	11:45AM - 1:10 PM	MW	71-202

ES/L 113 begins January 29, 2020 and ends on May 22, 2020

Instructor: Toni Pfister

ES/S 121 Adapted Aquatic Fitness 1 Unit

Provides students with disabilities with water-resistive exercises of strength, flexibility, endurance and cardiovascular improvement utilizing total body workout in the shallow end of the pool.

Class Number:	Course/Section Number	Time	Days	Room
620186	ES/L 121 - S02	1:20 PM – 2:45 PM	MW	70 WARM

ES/S 121 begins January 29, 2020 and ends on May 22, 2020

Instructor: Toni Pfister