

# PHYSICAL EDUCATION (PED)

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**PED 022A Adapted Cross Training 1 Unit**

This course is designed to provide an individualized program for overall fitness for the student with a documented disability. The goal is to provide the student with the means to improve the health related components of fitness through a variety of fitness activities.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Temporary or permanent verifiable disability and written verification provided by a physician or other appropriate professional  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**PED 056A Adapted Strength Conditioning 1 Unit**

This course is designed to provide an individualized muscle strength and conditioning program for the student with a documented disability. The student will learn proper skills, techniques and how to adapt fitness equipment to enhance muscle strength and endurance.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Temporary or permanent verifiable disability and written verification provided by a physician or other appropriate professional  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E