



FOOTHILL COLLEGE

12345 El Monte Road • Los Altos Hills, CA • 94022-4599

ADAPTIVE LEARNING DIVISION
DISABILITY RESOURCE CENTER

www.foothill.edu/al/

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ENJOY A REWARDING CAREER IN THE HEALTH AND FITNESS INDUSTRY!

The Adaptive Fitness Technician (AFT) Program awards the associate degree (90 units) as well as a certificate (25 units) to those interested in a career in the health and fitness fields working with older adults and persons with disabilities. *“Our program is ideal for students interested in a career as a personal trainer, fitness professional, physical therapist’s aide, home health professional, activity director, recreation and fitness instructor, or someone engaged in the fields of physical therapy, exercise science, nursing, gerontology, residential care or recreation,”* says Foothill’s AFT Program coordinator, Karl Knopf, Ed. D.

In addition to nutrition, concepts of exercise, and human biology and anatomy courses, you’ll study principles of therapeutic exercise, geriatric fitness, learning disabilities, emergency athletic injury care and a variety of additional classes. Learn more about the program at www.foothill.edu/al/.

Adaptive Learning Division in partnership with the Aquatic Exercise Association (AEA) is proud to offer courses in Adaptive Aquatics. The Adaptive Aquatics Program will consist of courses to better meet the needs of the aquatic professional who desires to work with older adults and the disabled in a pool setting.

For more information, please contact: Dr. Karl Knopf at (650) 949-7779, knopfkarl@foothill.edu or Nhung Tran at (650) 949-7332, trannhung@foothill.edu

SUMMER 2008 ADAPTIVE AQUATICS COURSES BEGINS MONDAY, JUNE 30TH

SPED 74	PRINCIPLES OF ADAPTIVE AQUA FITNESS	3 UNITS	K. Knopf
Saturday	9:00 am – 2:00 pm	Call #1085	Room 3301

This course provides the essential information needed to provide adaptive aquatics exercise instruction. The student will develop an understanding of how water training principles can be used with individuals with chronic conditions, adaptive teaching techniques will be addressed, and the application of deep and shallow water fitness routines for the disabled will be explored. Additionally, techniques of how to assist a disabled client to enter and exit a pool safely will be demonstrated

SPED 75	INTERNSHIP IN ADAPTIVE AQUATICS	3 UNITS	K. Knopf
Saturday	TBA	Call #1086	Room 3304

The internship is designed to provide the adaptive aquatics trainee with hands-on skills and experience with clients. The internship will include performing client assessments and receiving feedback from lead teachers.

FALL 2008 ADAPTIVE FITNESS TECHNICIAN COURSES!!!

SPED 50	INTRODUCTION TO ADAPTIVE FITNESS TECHNIQUES	3 UNITS	K. Knopf
Saturday	9:00 am – 2:00 pm		
	Class will meet: 9/27, 10/25, 11/22	Call #1850	Room 5620

Designed to provide the fitness professional the knowledge necessary to allow the disabled and/or older adult person the opportunity to attain basic functional fitness skills

SPED 56	FUNCTIONAL ASPECTS OF ADAPTIVE FITNESS	3 UNITS	K. Knopf
Tuesday	12:00 pm – 1:50 pm	Call #1851	Room 5210

Designed to provide the student with the fundamentals and principles of adaptive fitness. Student will learn to measure and evaluate the current fitness level of physical fitness via various field based assessment tools. Students will learn functional activities used to improve activities of daily living. Students will develop understanding and skills needed for proper implementation of adaptive fitness education such as Range Of Motion, transfers and wheelchair management.