

**ADAPTIVE FITNESS THERAPY**

Associate in Arts Degree & Certificate Requirements

ADAPTIVE FITNESS THERAPY

This program is designed to provide practical skills and knowledge for those interested in a career in the health and fitness fields, working with older adults and persons with disabilities. Graduates of the program will be qualified to work as paraprofessionals in the following occupations: fitness professional, personal trainer, physical therapist aide, home health professional, activity director, and others. Individual classes can be taken for professional growth or continuing education credits.

UNITS REQUIRED FOR MAJOR: 38**UNITS REQUIRED FOR CERTIFICATE: 26****ASSOCIATE DEGREE REQUIREMENTS:**

- English proficiency: ENGL 1A, ESL 26 or equivalent.
 - Mathematics proficiency: MATH 105 or equivalent.
- A minimum of 90 units required to include:
- All General Education requirements
 - Core courses (30 Units)
 - Support courses (8 Units)
 - Electives & other graduation requirements as appropriate

CORE COURSES: 30 units

- BIOL 14 Human Biology (5 Units)
 - or P T 55 Theory & Concepts of Exercise Physiology (4 units)
- SPED 50 Introduction to Adaptive Fitness Techniques (3 Units)
- SPED 52 Intergenerational Adult Health & Development (3 Units)
- SPED 54 Principles of Therapeutic Exercise (4 Units)
- SPED 55 Geriatric Fitness Concepts (3 Units)
- SPED 56 Functional Aspects of Adaptive Fitness (3 Units)
- SPED 57 Working with Special Populations (3 Units)
- SPED 62 Psychological Aspects of Disability (4 Units)
- SPED 73 Introduction to Aquatic Exercise (3 Units)

SUPPORT COURSES: 8 units

- BIOL 14 Human Biology (5 units)
- BIOL 40B Human Anatomy & Physiology (5 Units)
 - or BIOL 40C Human Anatomy & Physiology (5 Units)
- BIOL 45 Introduction to Human Nutrition (4 Units)
- COMM 1A Public Speaking (4.5 Units)
 - or COMM 1AH Honors Public Speaking (4.5 Units)
- COMM 2 Interpersonal Communication (4.5 Units)
- GERN 50 Sociology of Aging (3 Units)
- GERN 51 Psychology of Aging (3 Units)
- GERN 52 Health & Aging (3 Units)
- GERN 53 Practicum in Senior Services (3 Units)
- GERN 70 Successful Aging (2 Units)
- GERN 71 Culture Counts: Maintaining Positive Mental Health Within a Cultural Context (.5 Unit)
- GERN 72 Cross-Cultural Issues in Death & Dying (.5 Unit)
- GERN 73 Cultural Issues in Emergency Preparedness & Older Adults (.5 Unit)

- GERN 74 Cultural Diversity in Long-Term Care (.5 Unit)
- GERN 75 Mental Health Aspects of Diabetes Among Elders from Diverse Backgrounds (1 Unit)
- PHED 12B Lifeguard Training (4 Units)
- HLTH 5 Emergency Response (5 Units)
- P T 55 Theory & Concepts of Exercise Physiology (4 units)
- PSYC 1 General Psychology (5 units)
- PSYC 25 Introduction to Abnormal Psychology (4 Units)
- SPED 63 Learning Disabilities (4 Units)
- SPED 64 Disability & the Law (4 Units)
- SPED 65 Fundamentals of Attention Deficit Disorder (4 Units)
- SPED 66 Disability & Technology Access (4 Units)
- SPED 69 Special Education Strategies & Practicum (4 Units)
- SPED 71 Special Topics in the Field of Fitness Therapy (3 Units)
- SPED 72 Stress, Wellness & Coping (3 Units)
- SPED 74 Principles of Adaptive Aqua Fitness (3 Units)
- SPED 75 Internship In Adaptive Aquatics (3 units)

ADAPTIVE FITNESS THERAPY**CERTIFICATE OF ACHIEVEMENT: 26 Units**

- SPED 50 Introduction to Adaptive Fitness Techniques (3 Units)
- SPED 52 Intergenerational Adult Health & Development (3 Units)
- SPED 54 Principles of Therapeutic Exercise (4 Units)
- SPED 55 Geriatric Fitness Concepts (3 Units)
- SPED 56 Functional Aspects of Adaptive Fitness (3 Units)
- SPED 57 Working with Special Populations (3 Units)
- SPED 62 Psychological Aspects of Disability (4 Units)
- SPED 73 Introduction to Aquatic Exercise (3 Units)

Please refer to the Foothill College printed catalog for the official curriculum requirements.

Academic Year: 2009-2010