

ADAPTED KINESIOLOGY, CERTIFICATE OF SPECIALIZATION

Banner Code: 1_CE_AKIN

Not Financial Aid Eligible

This Certificate of Specialization is designed for students who wish to participate in the Adapted Physical Education Program at Orange Coast College and work towards completing course work in adapted physical activity and nutrition classes. It provides students with special needs the opportunity to develop skills related to teamwork, personal responsibility, dedication to a personal fitness program, effective communication, within a physically active environment. Students who complete this certificate will have demonstrated excellence in time management, Personal drive, enthusiasm and commitment to a goal. Increased physical independence, self-help skills or skills that promote independence and self-sufficiency and/or mobility.

Program Outcome

Students will apply transferable life skills related to teamwork, personal responsibility, dedication to a personal fitness program, effective communication, compromise, self-care and self-confidence.

Certificate of Specialization Requirements

The Certificate of Specialization is a locally approved career program that requires sixteen units or fewer units and is designed to prepare the graduate to enter a particular field of employment. In order to be awarded a certificate, students are required to obtain a grade of "C" or better in all program-required courses. Grades of "CR" or "P" will be accepted whereas "CR" or "P" meets the equivalency of a "C" or better. At least 3 units in an advanced course from the certificate must be completed at OCC at the department's discretion. Certificates of Specialization are not automatically awarded, not printed on official academic transcripts, and there is no acknowledgment of completion given at graduation. Please contact the division for details regarding the submission of petitions as procedures for each division vary. Most division offices prefer that students complete all of the required courses and then provide a copy of the transcript while some divisions allow petitions for Certificates of Specialization before finishing. Check with a counselor to determine the requirements for completion.

A list of certificate programs can be found in the Programs A-Z (<https://catalog.cccd.edu/orange-coast/programs-study/>) section of this catalog.

| Course | Title | Units |
|--------------------------|--------------------------------|----------|
| Required Courses | | |
| <i>Select six units:</i> | | |
| KIN A170 | Adapted Strength Training | 0.5-1.5 |
| KIN A172 | Adapted Aquatics | 0.5-1.5 |
| KIN A173 | Adapted Strength and Balance | 0.5-1.5 |
| KIN A174 | Adapted Cardiovascular Fitness | 0.5-1.5 |
| KIN A176 | Adapted Stretching | 0.5-1.5 |
| KIN A177 | Adapted Yoga | 0.5-1.5 |
| Total Units | | 6 |