

College of San Mateo
Adapted Physical Education
General Information Sheet

Welcome to Adapted Physical Education. The goal of Adapted Physical Education is to assist students to improve basic physical function by engaging in an educational and activity program that is modified for individual needs. The student will learn how to exercise safely and to make adaptations in daily living. The student will learn general principles of health and wellness. The Adapted Physical Education program supports the mission of the College by providing educational services that are needed by the diverse community served by the College. The successful accomplishment of these goals is expected to improve student success.

Students come to the CSM Adapted Physical Education program from many populations. Some students are recent high school graduates who have physical challenges and need a special fitness program to prepare them for the daily physical challenges of attending college. Some students are referred to the College by medical practitioners who are familiar with the CSM program and how it can supplement a community member's educational and fitness program following medical treatment. All Adapted Physical Education students are encouraged to register in other courses offered by the College. The Adapted Physical Education Department provides services to students to help them reach their educational goals- the Department is not a stand-alone program that students can use as a substitute for ongoing physical therapy.

Students of Adapted Physical Education are requested to provide verification of disability. The student will be provided a form for his (her) doctor to complete. APE students are also requested to register in the Adapted Evaluation course. Fitness goals are established each semester and on-going fitness testing records are maintained for each student. Students may continue in the Adapted Physical Education program beyond the normal repeat limit as long as the student demonstrates measurable progress in meeting fitness goals in testing conducted in the Adapted Evaluation course and the student continues to demonstrate a need for the program.

California community colleges are governed by state law and district regulations. The number of times a course may be taken is limited to four times for most activity courses and once for lecture courses (a lecture course may be repeated one time if a substandard grade is earned, D or F). Students in adapted physical education may continue to register as long as satisfactory progress is made toward meeting one's fitness and educational goals. All students in

Adapted Physical Education are encouraged to work hard in class and to apply the fitness and wellness principles in their every-day lives.

The Adapted Physical Education curriculum at College of San Mateo is made up of a number of different courses.

- Adapted General Conditioning
- Adapted Aquatics
- Adapted Weight Conditioning
- Adapted Back Care
- Adapted Circuit Training (weight training)
- Advanced Adapted Weight Conditioning
- Adapted Fitness Activities
- Adapted Walking

Students of Adapted Physical Education are expected to follow the same rules and regulations as other College students. General information, regulations and appeal procedures are contained in the Student Handbook. The Student Handbook can be found as part of the College Catalog, available for purchase in the CSM Book Store. The San Mateo County Community College District adopted specific policies concerning Sexual Harassment and Discrimination, Drugs and Alcohol on campus and other important topics. All students must observe these policies.

There are specific regulations within the CSM Physical Education/Athletics Division that must be observed. All users of the Weight Training Center are required to follow the posted rules. Students are allowed on the pool deck only when an instructor is present. Students must be supervised in class activity areas. Each instructor has specific regulations for each class including attendance. Students are expected to learn and to follow these regulations. Students are expected to attend class on a regular basis. Students who have significant absences will be dropped from class.

Instructional Aids and Student Assistants are often assigned to assist in Adapted Physical Education classes. Instructional Aids are regular or temporary classified employees of the College District. Student Assistants are regular college students who are employed as part-time help. Some student assistants are volunteers. The relationship between the APE student and the staff is expected to be professional.

The College of San Mateo APE program is designed for group exercise. The program is not capable of providing services to students who require full-time individual assistance. There are some instances when a student who requires additional attention beyond the means of the College is allowed to have

his (her) personal assistant serve as a helper in an Adapted class. These instances are on a case-by-case basis and are determined by the Adapted Instructional Staff. Personal assistants are required to follow the same protocols as college employees and they are required to follow the directives of the class instructor.

Adapted Physical Education at College of San Mateo has enjoyed great success in helping students improve. Many participants quickly learn that the physical progress they experience is actually exceeded by the friendship and socialization they come to enjoy by participating in the program. We encourage this positive socialization and take joy in knowing how important the CSM Adapted Physical Education program is to the students. But as professional fitness educators we are mindful that our underlying goal is the improvement of the physical wellbeing of our students. In the name of health and fitness we are dedicated to serve you.

The College of San Mateo Adapted Physical Education Staff

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