

The Adapted Fitness and Personal Training classes offered through the Physical Education Activity Program serves a very diverse student population. The classes are designed to accommodate students with permanent as well as temporary disabilities. Classes are also designed to accommodate students who are interested in personal training and those who are concerned with stress management, weight management and those individuals who might feel they need more individualized attention in getting started with learning about and establishing a healthier lifestyle. In



addition to health and fitness some students work on improving activities of daily living and as a result become more independent from both physical and personal assistance. For those that need it one-on-one assistance can be provided for transfers to and from exercise equipment as well as in and out of the pool. Typically three classes are offered in the Natatorium Gym #6 and one class is offered in SERF Pool. During the early part of the Fall semester a specially designed section of the class has been devoted to outdoor pursuit activities. In the recent past adapted canoeing and kayaking have been offered. Adapted sailing is being planned for the coming fall.