Areas of concentration:

Mobility and physical limitations including but not limited to:

- Arthritis
- Joint Replacement
- Parkinson’s Disease
- Multiple Sclerosis
- Post-polio Syndrome
- Chronic Back Pain
- Psychological Disabilities
- Older Adult De-conditioning Syndrome

Hartnell College Adaptive
Physical Education Program

An inclusionary program offering a unique fitness program for the adult with physical or psychological limitations/disability.
Adaptive PE

Purpose: Adaptive Physical Education curriculum is oriented around the philosophy that a student with a physical, or psychological limitation/disability is provided physical education. PEAD 84 is a unique fitness program that features individualized programs of instruction for all individuals with disabilities—short or long term. Instructor designed exercise programs for each participant based upon their assessment and their health care professional’s recommendations and referral.

Who is Served:
- Any student with a verifiable medical referral.
- Any adult with a health impairment or disabling condition.

Healthy bodies, healthy minds

Programs Offered:
PEAD 84 - Adaptive Circuit Endurance
Designed for the physically challenged student to enhance their strength and cardiovascular endurance by using progressive resistance machines/exercises to develop muscle strength, endurance, balance and flexibility.

Join our Adaptive Physical Education Program
- Fitness program is adapted to your special needs.
- You will learn, develop, and practice specific exercises and techniques to help improve your optimal level of physical health.
- All fitness program components are taught including cardiovascular fitness, strength training, flexibility, (passive and active range-of-motion), stabilization and balance.
- Emphasis is placed upon correct posture, body mechanics, and proper breathing techniques.

Goal is to return students to the classroom and world of work, while at the same time improving their daily living skills.

For more information contact:
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(831) 755-6876
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Visit our website at www.hartnell.edu/students/dsps/adaptpe.html