



SF State Kinesiology Therapeutic Exercise (KITE) Program

For Young Adults with Disabilities

SFSU Adapted Physical Education Program in the Department of Kinesiology hosts young adults with disabilities to a Therapeutic Exercise Program in Spring 2017.

What Is the KITE Program ?

Are you transition program teacher, parent, or family member of an young adult with disabilities and looking for a physical activity program for your child? Then the KITE program may be a great option.

Program Purpose

The KITE program is designed for young adults with disabilities ages 18 and up. Its purpose is to enhance range of motion, maintain muscle strengths, and improve circulation through physical activities in a motivating environment.

Program Format

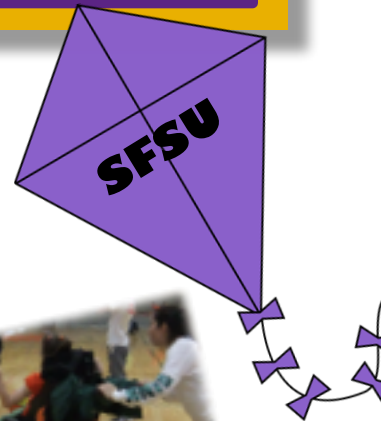
The KITE program will be offered for one hour on Friday mornings during SP2017. SFSU Adapted Physical Education faculty, Kinesiology undergraduate students, and SF Access program staff are responsible for running the program. Parents are welcomed to come to share ideas.

Program Date & Time

Six sessions will be offered during Spring 2017: February 10, 17, 24, March 3, 10, & 17. 9:30-10:30 AM

Program Location

The KITE program will be held in Burk Hall 6, located at San Francisco State University, 1160 Holloway Ave.



Have a question? Contact Dr. Jihyun Lee at jhlee@sfsu.edu