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This non-credi adap ed eigh raining co rse is designed for s den s i h disabili ies. Individ alized exercise programs are crea ed ha foc s on basic eigh raining and s reng h developmen principles. The programs address he limi a ions of he individ al's disabili y. Emphasis is on enco raging independence hro gh he eaching of lifelong fi ness skills.