KINE 146 - Fitness Flexibility Course Outline

Approval Date: 02/13/2020
Effective Date: 08/14/2020

SECTION A

Unique ID Number	CCC000616680
Discipline(s)	Coaching Coaching Health Physical Education
Division	Kinesiology & Athletics
Subject Area	KINESIOLOGY
Subject Code	KINE
Course Number	146
Course Title	Fitness Flexibility
TOP Code/SAM Code	1270.00 - Kinesiology / E - Non-Occupational
Rationale for adding this course to the curriculum	Changing subject code to KINE. Changing hours and units, no longer variable.
Units	1.5
Cross List	*N/A*
Typical Course Weeks	18

Total Instructional Hours

	Contact Hours
Lecture	0.00
Lab	0.00
Activity	54.00
Work Experience	0.00
Outside of Class Hours	27.00

Total Contact Hours	54
Total Student Hours	81
Open Entry/Open Exit	No
Maximum Enrollment	30
Grading Option	Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course is designed for students to achieve greater overall flexibility, strengthen, and tone the muscles. This class will focus on abdominal conditioning so the student can receive the benefits of a sturdy low back and optimal posture. Stability balls, stretch bands, and light weights will be used.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Students will use principles of fitness flexibility and conditioning to develop a program.
B. Students will practice a flexibility program incorporating core, low back and posture musculature.

2. Course Objectives: Upon completion of this course, the student will be able to:

A. Identify major muscle groups.
B. Identify and demonstrate components of a stretch fitness program.
C. Identify and integrate an effective abdominal conditioning program.
D. Emphasize building muscular endurance as an approach to stabilize the low back.
E. Evaluate range of motion.
F. Evaluate core fitness.
G.

3. Course Content

A. Introduction - course objectives
B. Pre-Test
    a. Measurement of range of motion
        a. Anatomical
    b. upper body muscles
    c. lower body muscles
C. Abdominal
D. Joint range of motion
E. Application to aerobic workout
F. Daily Stretch routines
    a. Stretch routines for sports
G. Strength exercise

H. Posture Analysis
    a. Back care
I. Build muscular endurance
J. Stress and relaxation
K.

4. Methods of Instruction:

Activity:
Individualized Instruction:
Observation and Demonstration:
Other: Activity: students develop proper form in core exercises Observation and Demonstration: instructor demonstrates proper form and breathing for core exercises

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Additional assessment information:
Written or practical Mid Term
Written or practical Final Exam

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments
Text and handout materials:

A student may be asked to read a handout and explain its relevance to his or her fitness situation.
A student may be asked to read a chapter on stretching techniques for particular muscle groups.

B. Writing Assignments
Students may be asked to present a short lesson on a partcular component of fitness.
Students may be asked to explain how they would help a person deal with a particular fitness issue.

C. Other Assignments
Journal writing.
A short research paper on a fitness component.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author:	Hoeger, W., Hoeger, S., Fawson, A. and Hoeger, C.
Title:	Principles and Labs for Fitness and Wellness
Publisher:	Brooks Cole
Date of Publication:	2017
Edition:	14th

B. Other required materials/supplies.