

KIN A010N: CHAIR CARDIO FITNESS

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083510 - Physical Fitness and Body Movement
Units	0 Total Units
Hours	9-36 Total Hours (Lecture Hours 9-36)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 99
Open Entry/Open Exit	Yes
Grading Policy	P/NP/SP Non-Credit (D)

Course Description

This "everyone-can-do" body/mind class helps encourage and improve mobility, flexibility, strength, balance, posture, breathing and relaxation. Exercising from a seated position makes it ideal for, but not limited to, those challenged with Parkinson's, multiple sclerosis, arthritis or for adults new to exercise. Special consideration for participant needs makes this class useful and unique to each individual. Develop attitudes and learn techniques that work for you. Make this fun, light-hearted approach to exercise a weekly highlight. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Students will demonstrate how to increase health-related fitness levels through the completion of seated exercises.
2. Students will improve confidence and self-efficacy in their ability to perform activities of daily living.

Course Objectives

- 1. Demonstrate proper stretching for increased range of motion
- 2. Participate in group exercise as appropriate for ability
- 3. Design home exercise program to maintain flexibility and mobility
- 4. Practice breathing techniques to improve mental functioning and reduce stress.

Lecture Content

Introduction of safety principles for adapting exercises for individual abilities Exercises and stretches for improved range of motion movements Breathing techniques Relaxation Improved mental functioning Meditation Stress Anxiety Insomnia Strength training using light free weights Exercises for improving activities of daily living The importance of laughter on health and wellbeing Appreciation of the body and self as we age Specific movements for stiffness in neck and back Modifying an exercise from injury or surgery, limited mobility Fall prevention Balance Strength Endurance Environment 10

Method(s) of Instruction

- Regular NC Lect (NC3)

Instructional Techniques

Demonstration, lecture, discussion, activities

Reading Assignments

Instructor handouts as appropriate

Writing Assignments

Journaling as required

Out-of-class Assignments

Practice of exercises at home.

Demonstration of Critical Thinking

Improved execution of exercises

Required Writing, Problem Solving, Skills Demonstration

Adapting exercises to ability level

Other Resources

1. Instructor handouts as necessary