

KIN A011N: STRETCH AND FLEX FOR WELLNESS

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083510 - Physical Fitness and Body Movement
Units	0 Total Units
Hours	10-36 Total Hours (Lecture Hours 10-36)
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

Emphasizes proper techniques of movement, joint flexibility, breathing, and body alignment for postural integration. Flexibility as it relates to physical fitness, health, and stress reduction will be explored to improve and maintain a wellness lifestyle. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Demonstrate correct body alignment and positioning for a variety of class exercises.
2. Perform a series of exercises safely and efficiently on a regular basis in and out of class.
3. Design a stretch and flexibility routine from head to toe for one's own benefit.

Course Objectives

- 1. Perform from memory a selected routine for improvement of flexibility and maintenance of postural alignment.
- 2. Identify selected principles of movement, postural alignment, and flexibility.
- 3. Perform selected breathing techniques for postural integration.
- 4. Analyze selected principles and theories of postural alignment and flexibility.
- 5. Compare and contrast proper and improper techniques of postural alignment and integration.
- 6. Perform from memory selected stress reduction and body centering techniques.

Lecture Content

Getting Started Goals, grading, attire Value of a flexibility program
 Safe stretching, warm-up and cool down Value of warm-up activities compared to long term flexibility activities Safety and contraindications of potentially harmful exercises Body balance - selected stretching that includes balance as an added component: standing on hands and knees inversion exercises Joint flexibility and alignment: neck, shoulders, spine,

hips Aparatus - total body stretches using implements which enhance stretches: Swiss balls styrofoam rollers stretch tubes, towels doorways walls partners Complete breathing techniques and postural integration total body stretching: emphasis on breathing with the stretch and not involving muscles or joints not being stretched in each exercise Stress reduction and body centering techniques Jacobson technique music breathing visualizations affirmations

Lab Content

as stated in course content

Method(s) of Instruction

- Regular NC Lect (NC3)

Instructional Techniques

Demonstrations of recommended and contraindicated exercises; lecture and application of ideas; instructor feedback and corrections; video lectures

Reading Assignments

Assigned from handouts

Writing Assignments

Written analysis of activities of daily living and the need for improved flexibility; the effects of stress on health and benefits of relaxation and breathing techniques.

Out-of-class Assignments

Written journal of activities of daily living and the need for improved flexibility

Demonstration of Critical Thinking

Written journal of activities of daily living and the need for improved flexibility;

Required Writing, Problem Solving, Skills Demonstration

Written journal of activities of daily living and the need for improved flexibility

Other Resources

1. Selected handout materials to be provided and distributed by the instructor.