

# KIN A176: ADAPTED STRETCHING

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083580 - Adapted Physical Education
Units	.5-1.5 Total Units
Hours	18-54 Total Hours (Lecture Hours 4.5-13.5; Lab Hours 13.5-40.5)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Pass/No Pass (B), • Standard Letter (S)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Course is designed for students with physical disabilities who can benefit from individualized stretching and muscular endurance activities. Activities are conducted both from a sitting position and lying down on mats. Relaxation techniques, pressure points, passive and resistive stretching, and exercises will be demonstrated and performed. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Execute proper whole body relaxation and exercise techniques needed for improvement in muscle flexibility, strength and stress reduction.
2. Self-assess proper body alignment, identify the cause of muscle tension and implement appropriate adjustments.

## Course Objectives

- 1. Perform an individualized exercise and stretching program.
- 2. Demonstrate improved relaxation abilities by decreased pre- and post- resting heart rates.
- 3. Perform a group warm-up demonstrating learned anatomical joint movements.
- 4. Demonstrate improved flexibility in pre- and post- flexibility assessments.
- 5. Demonstrate improved muscular endurance by increased repetitions of selected exercises.
- 6. Demonstrate improved posture by positive changes in pre- and post- postural screening test.

## Lecture Content

1. Introduction/Orientation/Pre-assessments a. Individual goal setting, pre-assessments b. Development of individualized student exercise program 2. Overview of the principles and guidelines of flexibility 3. Upper body stretches a. Demonstration and practice of stretches from a sitting position b. Principles of postural alignment and remediation of imbalances 4. Lower body stretches a. Demonstration and practice of stretches from a sitting position b. Demonstration and practice of stretches from supine and prone positions 5. Post-assessment of all students a. Evaluation of individual goals b. Determination of measurable progress. c. Repetition permitted or denied.

## Lab Content

see course content

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture and application of ideas Instructor feedback and corrections Video lectures

## Writing Assignments

1. Written analysis of effects of increased flexibility upon activities of daily living 2. Demonstration of proper stretching and strength exercises 3. Demonstration of proper breathing and relaxation techniques 4. Written objectives and subjective self-evaluation REPEATABILITY:

## Out-of-class Assignments

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## Demonstration of Critical Thinking

Individual performance, skill demonstrations, written assignments, final self-evaluation, and pre- and post- assessments.

## Required Writing, Problem Solving, Skills Demonstration

1. Written analysis of effects of increased flexibility upon activities of daily living 2. Demonstration of proper stretching and strength exercises 3. Demonstration of proper breathing and relaxation techniques 4. Written objectives and subjective self-evaluation

## Other Resources

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