

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 50 - Stability Ball Fitness

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course introduces the fundamentals of core training with stability balls as the primary modality. Emphasis will be placed on the use of stability balls in combination with proprioception, body weight, resistance bands, dumbbells, and flexibility training. Students will learn the benefits of resistance and flexibility training and how to apply the guidelines for proper exercise programs with stability balls.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. integrate the stability ball with proprioception, body weight, resistance bands, and dumbbells while maintaining proper form.
- B. assess baseline levels for muscle endurance, muscle strength, and flexibility to ensure safe exercise routines.
- C. demonstrate how to modify stability ball exercises to ensure safe practice.
- D. design workouts utilizing the stability ball for all major muscle groups of the arms, legs, and core.
- E. list and describe the benefits of stability ball training in relation to proprioception, muscle endurance, muscle strength, and flexibility.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Introduction and Orientation	1.00
2. Pre-test Fitness Levels	1.00
3. Benefits of Stability Ball Training	1.00
4. Proprioception Concepts	2.00
5. Body Weight Form and Techniques	2.00
6. Partner Exercises	1.00
7. Resistance Bands Form and Techniques	2.00
8. Dumbbell Form and Techniques	2.00
9. Flexibility Techniques	2.00
10. Resistance and Flexibility Training Guidelines	1.00
11. Program Design	1.00
12. Post-test Fitness Levels	1.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
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1.	Introduction and Orientation	2.00
2.	Pre-test Fitness Levels	2.00
3.	Benefits of Stability Ball Training	2.00
4.	Proprioception Concepts	2.00
5.	Body Weight Form and Techniques	4.00
6.	Partner Exercises	4.00
7.	Resistance Bands Form and Techniques	4.00
8.	Dumbbell Form and Techniques	4.00
9.	Flexibility Techniques	4.00
10.	Resistance and Flexibility Training Guidelines	2.00
11.	Program Design	2.00
12.	Post-test Fitness Levels	2.00
	Total Hours	34.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read an article on the history and benefits of training with stability balls and be prepared to discuss in class.
 - 2. Read the anatomical handout and be prepared to identify major muscle groups and actions with a partner in class.
- B. Writing Assignments
 - 1. Keep a daily log of all physical activity for one week. Use the information gathered to write a one page overview analyzing the total amount of resistance training obtained.
 - 2. Write a two page essay on a semester long fitness goal related to muscular endurance, strength, flexibility, and proprioception. Please address your plans to achieve your goals.
- C. Out-of-Class Assignments
 - 1. Visit a local health club and observe the use of stability balls. This can be in a class setting or personal training. Write a summary of the workouts observed and be prepared to discuss in class.
 - 2. Using the guidelines for resistance and flexibility training, design a program for four muscle groups to be presented to the class.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

- A. Spalding, Anne and Kelly, Linda E. Fitness on the Ball: A Core Program for Brain and Body: A Core Program for the Brain and Body. 1st Edition. Human Kinetics, 2009.

Materials Other Than Textbooks:

- A. Athletic Shoes
- B. Athletic Apparel

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