

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 48 - Stretching for Life

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course provides instruction in the fundamental skills of stretching. This flexibility fitness program, which will improve one's range of motion and muscular flexibility, helps prevent injuries while increasing one's total fitness.

II. OBJECTIVES

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

- A. identify and properly perform the skills of stretching.
- B. demonstrate improvement of the skills of stretching.
- C. identify and describe stretching safety rules.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction and Orientation	1.50
2. Student's Goals & Limitations	1.50
3. Muscle Group Identification	1.50
4. Fitness Assessment/Pre-Test	1.50
5. Introduction to Warm-Up Activities	3.00
6. Introduction to Total Body Flexibility Exercises	3.00
7. Selecting Appropriate Flexibility Exercises to Individual Needs	5.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction of Class Conduct	1.00
2. Student's Goals & Limitations	1.00
3. Identification of Students' Flexibility	1.00
4. Fitness Assessment/Pre-Test	1.00
5. Warm-Up Activities	8.00
6. Total Body Flexibility Exercises	8.00
7. Flexibility Exercises for Individual Muscle Groups	14.00
Total Hours	34.00

IV. METHODS OF INSTRUCTION

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

V. METHODS OF EVALUATION

- A. Class participation
- B. Written or Oral Examinations
- C. Practical evaluation/ Flexibility testing-Pre & Post

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read an article describing the safety techniques and be ready to discuss injury prevention.
 - 2. Read an article describing the attributes of stretching and be ready to discuss its value for overall fitness.
- B. Writing Assignments
 - 1. Write a short essay on the proper techniques of flexibility exercises.
 - 2. Write a short essay on the different types of stretching techniques.
- C. Out-of-Class Assignments
 - 1. Attend a CAS workshop on writing skills and turn in the attendance voucher.
 - 2. Visit a local yoga class and be ready to discuss the differences and commonalities of yoga vs. stretching.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. The student will be required to provide:
 - a. Athletic apparel (loose fitting clothing, sweatpants, loose fitting t-shirts
 - b. Tennis or court shoes
- B. Other materials and/or equipment will be provided by the department.

Created/Revised by: Frances Babich

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