

Class Name: Stretching Class
Teacher: Trish Hillmann Akouka
Grade levels: 7-12th grades

Description: During this class, we will warm up and execute a series of stretching and core strength exercises. Teaching will focus on the benefits of stretching and core strength exercises in order to optimize our health and prevent injuries, stressing the importance of proper form and breathing techniques. Also, basic muscular anatomy will be taught with an overview of how our bodies work and what they need to operate at their best potential. There will be 'homework' to complete the exercises a minimum of 3 days during the week (including our Thursday class) with a goal of stretching every day.

Prerequisites: none **Textbook:** none

Supplies required: Yoga mat, water, exercise clothes (clothes that allow movement)

Weekly class cost: \$8.00 **Materials/lab fee:** \$15.00

****Appropriate Clothing During Exercise Class****

-Students may wear basketball styled/length shorts. Shorts must extend **beyond** the fingertips.

-Students may wear unaltered (not cut) T-shirts or dry-wicking exercise tops. Tops must include an unaltered (not cut) round neck and short sleeves.

Tops must be long enough to tuck into bottoms and cleavage should be modestly covered. Tops must completely cover undergarments, including straps.

-Exercise clothing may be worn, **only** during an exercise class.

FLDOE Course Number: 1502410

Maximum # of students: 15 Minimum # of students: 5

Teacher contact: Trish Hillmann Akouka
akouka5@earthlink.net

Cell: 321-514-2140 (you can call or text)