

Las Positas College
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Course Outline for KIN QFF

FIFTY AND FIT

Effective: Summer 2008

I. CATALOG DESCRIPTION:

KIN QFF — FIFTY AND FIT — 0.50 - 2.00 units

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0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate improved flexibility and strength;
- B. Demonstrate improved balance;
- C. Demonstrate relaxation techniques with confidence.

V. CONTENT:

- A. Selected postures to promote flexibility and strength
- B. Techniques of relaxation
- C. Techniques to increase efficiency of controlled breathing patterns
- D. Modification of postures to meet individual needs
- E. Assessment of students' strengths and weaknesses and methods to improve them

VI. METHODS OF INSTRUCTION:

- A. Verbal explanation
- B. Student participation
- C. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:

- A. Using learned techniques, offer adjustments to a partner that will increase their safety and comfort while holding a pose.
- B. Practice breathing and relaxation techniques regularly for one month. Report any changes regarding health and outlook on life.

VIII. EVALUATION:

- A. **Methods**
- B. **Frequency**

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IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Sticky mat and block required, strap optional.
- B. Comfortable loose fitting garments.