

Las Positas College
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Course Outline for KIN WMB
WELLNESS AND MOVING BODY
Effective: Spring 2015

I. CATALOG DESCRIPTION:

KIN WMB — WELLNESS AND MOVING BODY — 1.00 - 2.00 units

This course provides a unique combination of dance, and mind-body movement awareness principles. Emphasis is on achieving proper body alignment, muscular strength, core stability and flexibility. The course is designed to increase the overall fitness level in the mature adult.

1.00 - 2.00 Units Lab

Grading Methods:

Discipline:

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Apply the principles of proper movement and alignment to daily life;
- B. Describe the physical and mental benefits of exercise;
- C. Demonstrate knowledge of elementary human anatomy and physiology;
- D. Demonstrate exercises for maintaining overall fitness emphasizing strength and flexibility;
- E. Use body-mind movement awareness principles for personal benefit;
- F. Discuss the changes that have occurred in personal development.

V. CONTENT:

- A. Chair and/or mat stretching for increased joint mobility and muscular flexibility
- B. Ballet barres exercises for balance and alignment
- C. Folk and Ballroom dance routines to build stamina and coordination
- D. Hand weights and elastic tubing to develop muscular strength in the upper body
- E. Strengthening exercises including use of weights and/or elastic tubing
- F. Self-help exercises including selected teachings from Feldenkrais "Awareness Through Movement" and Thomas Hanna's "Somatics For On-going Improvement"
- G. Guided relaxation for integration and overall well-being

VI. METHODS OF INSTRUCTION:

- A. Verbal explanation accompanied by demonstration
- B. Instruction given to the whole class with individual assistance given when necessary
- C. Class participation

VII. TYPICAL ASSIGNMENTS:

A. Practice proper form in walking and outside activities. B. Practice self-help exercises. C. Perform a self-assessment at close of session.

VIII. EVALUATION:

A. Methods

- 1. Class Participation
- 2. Other:
 - a. Methods
 - 1. Student participation will be evaluated daily
 - 2. Demonstration of improved fitness as exercises become more difficult
 - 3. Student's self-evaluation

B. Frequency

1. Frequency
 - a. Daily evaluation of student progress/participation by instructor
 - b. Midterm and final examination

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Appropriate exercise attire and shoes
- B. 1 – 2 lb. hand weights for more advanced levels
- C. Yoga mat and Yoga strap
- D. Elastic bands for strength training