Las Positas College
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Course Outline for KIN BC1

BOOT CAMP FOR FLEXIBILITY & CORE DEVELOPMENT

Effective: Spring 2019

I. CATALOG DESCRIPTION:
KIN BC1 — BOOT CAMP FOR FLEXIBILITY & CORE DEVELOPMENT — 1.00 - 2.00 units

Improve flexibility and core development (thus providing stability to our movements) through a variety of drills and military style movements. Functional training delivered in an intense environment.

1.00 - 2.00 Units Lab

Grading Methods:
Letter or P/NP

Discipline:
- Physical Education

Family: Kinesiology Boot Camp

	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. Identify muscle groups involved in core exercise
B. Perform various core strength exercises
C. Perform various flexibility exercises.
D. Perform measurable core and flexibility tests
E. Differentiate and provide examples of stretching methods
F. Describe the benefits of core stability and flexibility

V. CONTENT:
A. Muscle groups utilized in Core training
    1. Transverse abdominus
    2. Obliques
    3. Rectus abdominus
    4. Multifidis
    5. Diaphragm
    6. Pelvic Floor
B. Demonstrate flexibility exercises
    1. Trunk twists
    2. Various calf stretches
    3. Hamstring and groin stratches
    4. Quadricep stretches
    5. Hip flexor stretches
    6. Trunk stretches
    7. Upper and lower back stretches
    8. Neck stretches
    9. Chest, shoulder and side stretches
C. Demonstrate core techniques
    1. Plank, side plank
    2. Bridge
    3. Superman
    4. Side lying hip abduction
    5. Oblique crunch
    6. Straight leg raise
    7. lying windscreen wipers
    8. various medicine ball exercises
D. Measure Core Stability & Flexibility
    1. Core Muscle Strength & Stability Test

2. Sit & reach test
3. Hip flexion test
4. Trunk flexion test
5. Static flexibility tests for shoulder, neck, trunk, and wrists.

E. Methods of stretching
1. Static stretching
2. Ballistic stretching
3. Dynamic stretching
4. Active stretching
5. Passive stretching
6. Isometric stretching
7. Proprioceptive Neuromuscular Facilitation (PNF)

F. Core stability and flexibility benefits include
1. Minizes risk of injury
2. Improved balance
3. Improved twisting movements for sport-specific competition
4. Reduced back pain
5. Improved posture

VI. METHODS OF INSTRUCTION:
A. **Classroom Activity** -
B. **Lecture** -

VII. TYPICAL ASSIGNMENTS:
A. Follow instructor through core stability and flexibility activites
B. Demonstrate knowledge of whichmuscles are being utilzed when we conduct specific core stability and flexibility exercises
C. Active participation in exercise program

VIII. EVALUATION:
Methods/Frequency

A. Exams/Tests
two per semester
B. Quizzes
2-5 per semester
C. Class Participation
daily

IX. TYPICAL TEXTS:
1. Gibson, Ann, Dale Wagner, and Vivian Heyward. *Advanced Fitness Assessment and Exercise Prescription.* 8 ed., Human Kinetics, 2018.
2. Brown, Lee. *Strength Training Online CE Course.* 2nd ed., Human Kinetics, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS: