

Las Positas College
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Course Outline for KIN GSR

GENTLE STRETCH & RELAXATION

Effective: Spring 2015

I. CATALOG DESCRIPTION:

KIN GSR — GENTLE STRETCH & RELAXATION — 1.00 - 2.00 units

This course is designed to present to the student a selection of stretching and strengthening exercises to promote strength, flexibility, balance, and coordination in a relaxing atmosphere. Through consistent practice, the student will improve in strength and become aware of improved breathing patterns and methods of relaxation.

1.00 - 2.00 Units Lab

Grading Methods:

Discipline:

	<u>MIN</u>	<u>MAX</u>
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. Perceive improved flexibility, strength, and relaxation;
- B. Demonstrate improved balance;
- C. Practice relaxation techniques with confidence.

V. CONTENT:

- A. Selected exercises to promote flexibility, strength, and stress reduction
- B. Techniques of relaxation
- C. Techniques to increase relaxation and flexibility
- D. Specific exercises to increase range of motion
- E. Exercises to promote ease and efficiency in performing daily tasks

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** -
- B. Verbal explanation

VII. TYPICAL ASSIGNMENTS:

A. Proficiently use strengthening props such as Dyna Bands and free weights. B. Perform specific balancing tasks. C. Perform specific stretching movements in standing and seated positions. D. Ability to contract and relax specific muscle groups

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Other:
 - a. Class participation
 - b. Demonstrated proficiency of exercise movements

B. **Frequency**

- 1. Frequency
 - a. Daily evaluation of student's progress/participation level by instructor
 - b. 2-3 assignments per semester.

IX. TYPICAL TEXTS:

- 1. Nelson, Arnold. *Stretching Anatomy 2nd Ed.*, Human Kinetics, 2014.
- 2. Cogan, Patrick. *Relaxation Techniques.*, Patrick Cogan, 2014.

- X. OTHER MATERIALS REQUIRED OF STUDENTS:
- A. Appropriate physical education attire and a water bottle