

Las Positas College
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Course Outline for KIN OM1

OPTIMAL MOVEMENT 1

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN OM1 — OPTIMAL MOVEMENT 1 — 0.50 - 2.00 units

This course is an introduction to the biomechanics of optimal movement. The program consists of exercises to teach and restore motor skill and optimal muscle length using objective alignment markers that serve as indicators to healthy muscle activity and overall health. Using the alignment principles of Restorative Exercise you will learn what optimal alignment is and how to apply it in your daily life. This biomechanical model is based on physics, physiology, anatomy, and engineering and simply states that all-over muscle use is a requirement of human health and is not optional. Pilates exercises and Yogic breathing will be included in the curriculum. This course is appropriate for all fitness levels and valuable to Kinesiology majors for its applied anatomy and biomechanics of optimal movement.

0.50 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	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:

- Identify the biomechanical model of movement
- Explain diseases of behavior
- Identify the body alignment markers
- Perform restorative exercises using alignment markers
- Recognize the importance of movement in overall health

V. CONTENT:

- The Biomechanics of Movement principles
 - Key components of the principles
- Diseases of behavior
 - Lifestyle affects health
 - Diseases of behavior and diseases of aging
 - The body's process of adaptation to environment
- Body alignment markers
 - Optimal body alignment
 - Habitual movements which impact optimal performance
- Restorative exercises
 - Restorative exercise drills
 - Propping to support body alignment
- Movement in a healthy lifestyle
 - Structured exercise compared to natural movement

VI. METHODS OF INSTRUCTION:

- Classroom Activity** - Regular class participation
- Demonstration** - Verbal explanation accompanied by demonstration
- Individualized Instruction** - Individual assistance given when needed

VII. TYPICAL ASSIGNMENTS:

- Practice restorative exercise daily and report findings.
- Identify underused areas of the body and how to improve function in them.
- Create an exercise program to address underused parts of the body.

VIII. EVALUATION:

Methods/Frequency

- A. Class Participation
Weekly
- B. Home Work
Monthly
- C. Class Performance
Monthly
- D. Other
 - 1. Student's ability to demonstrate the alignment model and articulate the biomechanics of movement - Final exam

IX. TYPICAL TEXTS:

- 1. Bowman, Katy. *Move Your DNA: Restore Your Health Through Natural Movement*. 2nd ed., Propriometrics Press, 2017.
- 2. Bowman, Katy. *Alignment Matters*. 3 ed., Propriometrics Press, 2014.
- 3. Mitchell, Jules. *Yoga Biomechanics*. 1 ed., Handspring Publishing, 2018.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Yoga mat strongly recommended.
- B. Students will wear appropriate attire.