Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN BC1

BOOT CAMP FOR FLEXIBLY & CORE DEVELOPMENT

Effective: Spring 2015

I. CATALOG DESCRIPTION:
KIN BC1 — BOOT CAMP FOR FLEXIBLY & 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. **Research** -
B. **Classroom Activity** -
C. **Audio-visual Activity** -

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. Recite current research findings in the field of core stability and flexibility and apply it to a sport/activity of students'choice
D. Design a six-week training program to enhance an athlete's core stability and flexibility and illustrate how it prepares the athlete for competition and reduces risk of injury

VIII. EVALUATION:

A. **Methods**

1. Research Projects
2. Papers
3. Class Participation
4. Class Performance
5. Other:
    a. Demonstrate core techniques, for example: Plank, side plank, bridge, Superman, side lying hip abduction, oblique crunch, straight leg raise, lying windscreen wipers and various medicine ball exercises.
    b. Demonstrate flexibility exercises, for example: Trunk twists, various calf stretches, hamstring and groin stratches, quadricep stretches, hip flexor stretches, trunk stretches, upper and lower back stretches, neck stretches, chest, shoulder and side stretches.
    c. Measure core stability by the Core Muscle Strength & Stability Test. Measure flexibility by: Sit & reach test, hip flexion test, trunk flexion test, and static flexibility tests for shoulder, neck, trunk, and wrists.

B. **Frequency**

1. Pre/Post Evaluation
2. Daily evaluation of student’s participation
3. Projects assigned periodically to assess understanding of training methods and the muscles utilized in core stability and flexibility exercises

IX. TYPICAL TEXTS:

1. Heyward, V. *Advanced Fitness Assessment and Exercise Prescription.*, Human Kinetics, 2010.
2. Reynolds, G *The First 20 Minutes: Surprising Science Reveals How We Can: Exercise Better, Train Smarter, Live Longer.*, Hudson Street Press, 2012.
3. Instructor hand-outs

X. OTHER MATERIALS REQUIRED OF STUDENTS: