KINE 146B - Intermediate Fitness and Flexibility Course Outline

Approval Date: 02/13/2020
Effective Date: 08/14/2020

SECTION A

Unique ID Number	CCC000616681
Discipline(s)	Coaching Health Physical Education
Division	Kinesiology & Athletics
Subject Area	KINESIOLOGY
Subject Code	KINE
Course Number	146B
Course Title	Intermediate Fitness and Flexibility
TOP Code/SAM Code	1270.00 - Kinesiology / E - Non-Occupational
Rationale for adding this course to the curriculum	Changing subject code to KINE. Changing hours and units, no longer variable. Adding recommended prep.
Units	1.5
Cross List	*N/A*
Typical Course Weeks	18

Total Instructional Hours

	Contact Hours
Lecture	0.00
Lab	0.00
Activity	54.00
Work Experience	0.00
Outside of Class Hours	27.00

Total Contact Hours	54
Total Student Hours	81
Open Entry/Open Exit	No
Maximum Enrollment	30
Grading Option	Letter Grade or P/NP
Distance Education Mode of Instruction	On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course is designed for students to achieve greater overall flexibility, strength, and muscle tone. Focus on intense abdominal conditioning for greater stability in the lower back and for optimal posture. Stability balls, stretch bands, and light weights will be used.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

- KINE 146 with a minimum grade of C or better

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Students will demonstrate advanced stretching techniques.
B. Students will demonstrate ability to analyze range of motion and develop programs to improve range of motion.

2. Course Objectives: Upon completion of this course, the student will be able to:

A. Identify ways to condition and stretch major muscle groups.
B. Demonstrate and implement static, dynamic and PNF components of flexibility into a fitness program.
C. Emphasize building muscular endurance as an approach to stabilize the low back.
D. Evaluate range of motion.
E. Evaluate core fitness.
F. Students will demonstrate advanced stretching techniques.
G. Students will demonstrate ability to analyze range of motion and develop programs to improve range of motion.
H.

3. Course Content

A. Introduction - course objectives
B. Pre-Test
    a. Measurement of range of motion
    b. Anatomical
    c. Upper body muscles
    d. Lower body muscles
C. Abdominal
D. Joint range of motion-measurement and evaluation
E. Types of stretching and how to incorporate into a fitness plan.
F. Application to aerobic workout
G. Daily Stretch routines

a. Stretch routines for sports

H. Strength exercise

I. Posture Analysis
   a. Back care

J. Build muscular endurance

K. Stress and relaxation

L. Demonstrate and implement static, dynamic and PNF components of flexibility into a fitness program

M.

4. Methods of Instruction:

Activity: demonstration of skills
Discussion: students answer questions regarding fitness
Lab:
Lecture: kinesthetic and visual aids
Projects: orally delivered or written on a specific subject
Other: Students will be required to demonstrate knowledge of measurement techniques.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- objective format
Projects -- delivered orally or written form
Final Exam -- objective format
Mid Term -- objective format

Additional assessment information:

Students will be required to demonstrate measurement skills.

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments
   1. A student may be asked to read a handout and explain its relevance to his or her fitness situation.
   2. A student may be asked to read a chapter on stretching techniques for particular muscle groups.

B. Writing Assignments
   1. Students may be asked to present a short lesson on a partcular component of fitness.

   2. Students may be asked to explain how they would help a person deal with a particular fitness issue.

C. Other Assignments
   Journal writing.
   A short research paper on a fitness component.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author:	Hoeger, W., Hoeger, S., Fawson, A. and Hoeger, C.
Title:	Principles and Labs for Fitness and Wellness
Publisher:	Brooks Cole

Date of Publication: 2017
Edition: 14th

B. Other required materials/supplies.