

KINS 65B: PNF: INTRODUCTION TO THE LOWER EXTREMITY

Foothill College Course Outline of Record

Heading	Value
Units:	3
Hours:	2 lecture, 3 laboratory per week (60 total per quarter)
Advisory:	Internet access to complete quizzes, discussions and assignments; not open to students with credit in H P 52G or PHED 65B.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- The student will perform lower extremity muscle stretching implementing techniques of PNF.
- The student will perform lower extremity muscle strengthening implementing techniques of PNF.

Description

Theory and hands-on practice emphasizing lower extremity stretching, strengthening, stabilization and active range of motion, including goniometric measurement.

Course Objectives

The student will be able to:

- identify the bones and joints of the lower extremity
- identify lower extremity joint motions and name the muscles causing the action(s)
- describe basic neuromuscular physiology in the lower extremity
- recognize appropriate manual resistance for lower extremity
- identify techniques facilitating active range of motion in the lower extremity
- identify techniques developing strength in the lower extremity
- demonstrate techniques of stretching, strengthening and stabilization of the lower extremity
- demonstrate techniques of goniometric measurement of the lower extremity

Course Content

- Lower Extremity Musculo-Skeletal Anatomy Review
 - Bones and joints
 - Non-contractile tissue
 - Contractile tissue
- Biomechanics of Lower Extremity Exercise
 - Three planes of motion
 - Concentric

- Eccentric
- Measuring Range of Motion in the Lower Extremity
 - Hip
 - Knee
 - Ankle/foot
- Grading Muscle Strength in the Lower Extremity
 - "0" - No contraction felt
 - "1" - Contraction but no movement
 - "2" - Movement w/gravity eliminated
 - "3" - Can raise against gravity
 - "4" - Can raise w/moderate resistance
 - "5" - Can overcome a great amount of resistance
- Stretching the Lower Extremity
 - Hold - relax
 - Contract - relax
 - Reciprocal inhibition
- Positioning for Lower Extremity Exercise
 - Manual contacts
 - Body position
 - In the groove

Lab Content

Hands-on practice of manual strengthening and stretching, including goniometric measurements.

Special Facilities and/or Equipment

- When taught on campus: 3ft x 6ft tables for laboratory, plastic goniometers
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access

Method(s) of Evaluation

- Quizzes
- Individual Project
- Practical Exam

Method(s) of Instruction

Lecture and laboratory.

Representative Text(s) and Other Materials

Adler, Sue, Dominiek Beckers, and Math Buck. [PNF in Practice: an Illustrated Guide](#). 4th ed. New York, NY, 2014.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- Weekly reading assignments from text
- Discussion/chat online

Discipline(s)

Physical Education