

# PHDA 24: MODIFIED STRETCHING & FLEXIBILITY

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 65 or PHDA 65.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

## Student Learning Outcomes

- Students will be able to identify three of the primary components of fitness.

## Description

Individualized and/or group instruction on the proper forms of stretching exercises for students. Emphasis on increased range of motion and flexibility.

## Course Objectives

The student will be able to:

- Identify the importance of a stretching and flexibility component in an exercise program
- Describe components involved in a comprehensive stretching and flexibility program
- Demonstrate proper stretching and flexibility technique, within individual limitations
- Identify proper body mechanics as they pertain to a stretching and flexibility program
- Identify exercises which are considered contraindicated

## Course Content

- Development of individualized stretching and flexibility program suitable for the student's physical limitation
- Flexibility
  - Duration of stretch
  - Pain vs. "pulling" during stretch
  - Benefits
- Concepts

- Stretch reflex
  - Dynamic vs. static stretch
  - Contraindicated exercises
- Body mechanics
    - Breathing technique
    - Posture

## Lab Content

During the periods of instruction the student will be:

- Demonstrating their skill in class by performing each exercise with awareness and increased understanding of their fitness goals
- Developing a fitness plan

## Special Facilities and/or Equipment

- Gymnasium with floor mats.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access, as well as a physical space in which to safely participate in exercises.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

- Pre- and post-activity measurements
- Written self-evaluation
- Measurable progress on SEC
- Oral or written tests/quizzes

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

- Instructor demonstration and interaction
- Discussion
- Cooperative learning exercises

## Representative Text(s) and Other Materials

Handouts provided by instructor, as needed.

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

- Optional reading and writing assignments as recommended by instructor

## Discipline(s)

Physical Education (Adapted): Disabled Student Programs and Services