

PHDA 25: BALANCE & FUNCTIONAL MOVEMENT

Foothill College Course Outline of Record

Heading	Value
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 67 or PHDA 67.
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

Description

Balance and functional exercise training to enhance mobility and neuromuscular function. Emphasis on enhancing functional movement, movement efficiency, muscular strength, muscular endurance and flexibility.

Course Objectives

The student will be able to:

- Describe functional movement and the relationship to balance training.
- Develop understanding of proprioception and how it relates to functional movement.
- Describe and demonstrate the elements of balance training.
- Discuss what affects balance.
- Recognize and demonstrate an appropriate balance and functional movement training program.

Course Content

- Development of individualized exercise program.
- Demonstration of appropriate functional exercises to improve balance.
- Discussion and demonstration of applications of static and dynamic balance.
- Discussion and demonstration of body and spacial awareness.
- Components of a comprehensive balance and functional training program.

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 mirrors, balance bars, and gym equipment.

Method(s) of Evaluation

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

Method(s) of Instruction

Instructor demonstration and interaction, discussion, cooperative learning exercise.

Representative Text(s) and Other Materials

Knopf, Karl. [Stability Workout on the Balance Board](#). Ulysses Press, 2015.

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