PHED 22: BEGINNING FLEXIBILITY & MOBILITY

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Flexibility & Stability family of activity courses.
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

- Identify the components of fitness and goals/benefits for flexibility exercises.
- Demonstrate proper stretching and flexibility exercise techniques and increasing expertise in flexibility exercises.

Description

Increased flexibility enhances physical performance, helps maintain muscle fitness, and assists in injury rehabilitation. Intended for individuals with a variety of fitness experience levels. Students must provide their own fitness mat.

Course Objectives

The student will be able to:

a. Evaluate range of motion measurements in musculoskeletal joints
b. Assess musculoskeletal tension as it relates to flexibility
c. Employ safe and effective stretching techniques to reduce tension in skeletal muscles and joints
d. Practice stretching for fitness and enjoyment
e. Select appropriate stretches for individual abilities
f. Increase muscle suppleness and joint flexibility through progressive programs specific to the individuals
g. Describe how stretching relates to the components of fitness

Course Content

a. Evaluate
    i. Hip range of motion pre/post test
        1. Seated wide angle forward bend (measure hip angle)
        2. Reclined hamstring measurement
        3. Prone quadricep measurement
    ii. Shoulder range of motion
        1. Hand lock
    iii. Spine
        1. Seated forward bend
        2. Prone—cobra stretch
        3. Seated vs. reclined twist
b. Assessment
    i. Muscle groups and muscle action
    ii. Tendon, ligaments, and joint compression as related to joint range of motion
    iii. Factors that influence flexibility, including aging process
        1. Controllable
        2. Uncontrollable
c. Safe/effective techniques
    i. Application to individual characteristics and purpose
    ii. Stretch reflex, reciprocal inhibition reflex, and precautions
    iii. Basic theories of stretching techniques and related kinesiology
    iv. Yoga, pilates, athletic techniques
d. Effects of individual stretching routines
    i. Functional range of motion
    ii. Conscious relaxation and muscle tension control
    iii. Breathing patterns
    iv. Postural capability
e. Fitness components
    i. Strength and muscle endurance
    ii. Cardio
    iii. Flexibility
    iv. Body composition

Lab Content

a. Shoulder opening exercises
b. Hip opening exercises
c. Posterior and anterior pelvic tilting
d. Hamstring opening exercises
e. Hand and feet stretching and strengthening exercises
f. Spinal flexion and extension, twisting, and bending

Special Facilities and/or Equipment

1. Student must provide personal fitness mat and appropriate workout clothing.
2. 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

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

Evaluation and regular participation for maximum improvement
Final exam covering basic concepts of:
1. Flexibility principles and joint range of motion
2. Types of stretching exercises
3. Beneficial effects
4. Precautions and injury prevention
5. Effects of aging process

Method(s) of Instruction

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

Instructor demonstration
Mini-lecture
Group discussion

Representative Text(s) and Other Materials

Stull, Kyle. Complete Guide to Foam Rolling. 2018.

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

a. Optional reading and writing assignments as recommended by instructor

Discipline(s)

Physical Education or Dance