

PHED 22A: INTERMEDIATE FLEXIBILITY & MOBILITY

Foothill College Course Outline of Record

| Heading | Value |
|------------------------------------|--|
| Effective Term: | Summer 2025 |
| 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 7: Lifelong Learning |
| Transferable: | CSU/UC |
| Grade Type: | Letter Grade (Request for Pass/No Pass) |
| Repeatability: | Not Repeatable |

Student Learning Outcomes

- Identify the principles and goals for mobility and flexibility exercises.
- Demonstrate proper techniques and increasing expertise in Pilates and flexibility exercises

Description

An intermediate level stretching program emphasizing seated and standing flexibility exercises for the hips, hamstrings, quadriceps, wrists, ankles, shoulders, obliques, and lumbar, thoracic, and cervical spine. Complimentary abdominal exercises and standing postures will be introduced to develop balance, tone, and endurance.

Course Objectives

The student will be able to:

1. Perform range of motion assessment and set goals to be reviewed and re-evaluated at 3-week intervals, adjusting as needed
2. Demonstrate effective intermediate stretching series for muscle fitness, core stability, performance enhancement in other activities, and relaxation
3. Develop optimum flexibility through a progressive and individualized intermediate stretching program
4. Demonstrate how to deeply stretch muscles effectively and safely to improve overall range of motion and stability
5. Apply intermediate strength and balancing exercises to improve posture and muscular efficiency to improve lung capacity and strengthen pelvic floor
6. Employ a variety of intermediate stretching exercises for the eight major muscle groups
7. Increase available range of motion in at least three of the five pre-test stretches through progressive intermediate stretching program specific to the individual
8. Identify and describe the benefits and value of stretching as a lifelong fitness activity

Course Content

1. Measurement and goals
 - a. Flexibility, strength, and balance measurements of:
 - i. Shoulders: crossed arm stretch, full clock rotation, shoulder swimming
 - ii. Hips: seated bent knee forward stretch and bilateral twisting
 - iii. Legs: supine hamstring stretch
 - iv. Ankles: standing wide-legged hip shift
 - v. Transverse: criss-cross/roll-up and roll-down
 - vi. Chest: bent or straight-legged plank position
 - b. Goal setting: each student determines three goals for specific flexibility improvements
 - i. Each student determines three goals for specific flexibility improvements
 - ii. Each student determines three steps for achieving their goal
2. Types and techniques of intermediate stretching
 - a. Application to individual body types and related life activities
 - b. Intermediate stretching precautions
 - c. Intermediate theories of stretching techniques and related kinesiology
 - i. Use of partners for flexibility improvement and posture training
 - d. Use of resistance bands, therapeutic techniques, and other related core strength exercises to improve both muscle movement and overall muscle fitness
3. Effects of aging process on muscle tendon functions and joints
4. Effects of individual intermediate stretching routines
 - a. Functional range of motion
 - b. Conscious relaxation and muscle tension control
 - c. Breathing patterns
 - d. Postural capability
 - e. Linking intermediate stretching series together for specific development of flexibility and deep relaxation
5. Range of motion measurement

Lab Content

Lab content may include but is not limited to:

1. Foam roller series to release myofascial tissue to allow for muscle lengthening
2. Standing arm/shoulder opening series
3. Standing hip opening and pelvic anterior and posterior tilting/circling series
4. Standing spinal extension/flexion, twisting, and side-bending series
5. Side-lying leg series, including bicycle circles, pulsing/sweeping, and flexion and extension
6. Prone back-strengthening series, including flight and full/side plank

Special Facilities and/or Equipment

1. Stretch straps, yoga blocks, resistance bands, chairs, walls, foam rollers.
2. Students must supply a personal fitness mat and optional towel.
3. 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 will be based on an individual basis—participation and improvement

Final written exam or verbal knowledge of:

1. Types of intermediate stretching
2. Theories of intermediate stretching and related kinesiology
3. Beneficial effects
4. Precautions and injury prevention
5. Effects of aging process
6. Proficiency in designing individual routine for specific flexibility goals

Method(s) of Instruction

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

Instructor demonstration

Mini-lectures

Group discussion

Representative Text(s) and Other Materials

Blahnik, Jay. Full-Body Flexibility, 2nd ed.. 2011.

Hopson, Janet L., Rebecca J. Donatelle, and Tanya R. Littrell. Get Fit, Stay Well! 7th ed.. 2017.

Although these texts are older than the suggested "5 years or newer" standard, they remain seminal texts in this area of study.

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

1. Optional reading and writing assignments as recommended by instructor

Discipline(s)

Dance or Physical Education