

PHED 402: FUNCTIONAL MOVEMENT, BALANCE & MOBILITY TRAINING FOR THE OLDER ADULT

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2021
Units:	0
Hours:	3 laboratory per week (36 total per quarter)
Degree & Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Student Learning Outcomes

- A successful student will be able to identify and explain how the various components of the class contribute to their general health and wellness.
- The successful student will be able to demonstrate the proper technique and form of the exercises required for the class.

Description

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity through engaging in a safe and appropriate functional movement, balance and mobility training program. The physical and mental changes that occur later in life will be addressed.

Course Objectives

The student will be able to:

1. Understand what a functional fitness exercise program includes
2. Demonstrate proper technique and body mechanics of each exercise
3. Demonstrate improved total body strength, balance and mobility
4. Recognize the benefits of lifelong participation in a fitness program

Course Content

1. Understand what a functional fitness exercise program includes
 - a. Functional strength training exercises
 - i. Squats
 - ii. Lunges
 - iii. Step-ups
 - iv. Push-ups
 - v. Core exercises
 - b. Flexibility exercise

- c. Cardiovascular endurance exercise
 - d. Balance, coordination and mobility exercises
2. Demonstrate proper technique and body mechanics of each exercise
 - a. Posture
 - b. Joint range of motion
 - c. Breathing technique
 - d. Balance and coordination
 3. Demonstrate improved body strength, balance and mobility
 - a. Participation and performance
 - b. Pre- and post-activity measurements
 - c. Self evaluation
 4. Recognize the benefits of lifelong participation in functional fitness program
 - a. Improved functional movement and mobility
 - b. Decrease in depression, anxiety and stress
 - c. Increase in energy
 - d. Improved self image, body image and confidence
 - e. Improved mental acuity
 - f. Improved sense of well being
 - g. Increased independence in daily living activities

Lab Content

During the periods of instruction the student will:

1. Demonstrate proper warm up activities.
2. Demonstrate skill by performing each exercise with awareness and the application of proper technique.

Special Facilities and/or Equipment

Gymnasium with room for movement activity, resistance equipment to include exercise machines, medicine balls, resistant bands, cardiovascular equipment, chairs, etc.

Method(s) of Evaluation

Pre- and post-activity measurements
Self evaluation

Method(s) of Instruction

Instructor discussion, demonstration and interaction

Representative Text(s) and Other Materials

Armbruster, Carol K., PhD, Ellen M. Evans, PhD, and Catherine M. Laughline, HSD, MPH. *Fitness and Wellness: A Way of Life*. 2018.

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)

Physical Education