

PHED 403: STRETCHING & POSTURAL EXERCISE 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 this class will contribute to their general health and wellness.
- A 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 stretching and postural exercise program. The physical and mental changes that occur later in life will be addressed.

Course Objectives

The student will be able to:

1. Participate in a safe and effective stretching and postural exercise program
2. Select appropriate stretches for individual abilities and needs
3. Demonstrate proper technique of exercises
4. Understand how stretching exercises improves posture
5. Understand the lifelong benefits of participation in a stretching and postural exercise program

Course Content

1. Participate in a safe and effective stretching program
 - a. Use of proper form
 - b. Awareness of muscle tension and relaxation
 - c. Demonstration of ability to relax through the use of proper breathing
2. Select appropriate stretches
 - a. Knowledge of individual functional range of motion
 - b. Demonstrate body awareness as it relates to each stretch
3. Demonstrate proper technique of exercises

- a. Participation in an group lead stretching class
 - b. Understand what muscle or muscle group is being stretched
4. Understand how stretching exercises improves posture
 - a. Muscle imbalances
 - b. Opposing muscle groups
 - c. Lordosis and kyphosis
 5. Benefits of participation in a stretching and postural exercise 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. Improve 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

Exercise room or gymnasium with room for floor mats, foam rollers, stretching bands.

Method(s) of Evaluation

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

Pre- and post-activity measurements
Self evaluation

Method(s) of Instruction

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

Instructor discussion, demonstration and interaction

Representative Text(s) and Other Materials

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

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