

# 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:

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

## Course Content

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

- Participation in a group lead stretching class
  - Understand what muscle or muscle group is being stretched
- Understand how stretching exercises improves posture
    - Muscle imbalances
    - Opposing muscle groups
    - Lordosis and kyphosis
  - Benefits of participation in a stretching and postural exercise program
    - Improved functional movement and mobility
    - Decrease in depression, anxiety and stress
    - Increase in energy
    - Improved self image, body image and confidence
    - Improved mental acuity
    - Improve sense of well being
    - Increased independence in daily living activities

## Lab Content

During the periods of instruction the student will:

- Demonstrate proper warm up activities.
- 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

- Optional reading and writing assignments as recommended by instructor

## Discipline(s)

Physical Education