

PHED 406: PHYSICAL ACTIVITY & MENTAL FOCUSING 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.
- A successful student will be able to demonstrate the proper technique and form for the exercises required in the class.

Description

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity through learning and participating in physical strengthening and mental focusing activity. The physical and mental changes that occur later in life will be addressed.

Course Objectives

The student will be able to:

1. Participate in physical strengthening and mental focusing activities
2. Demonstrate the basic training/methodology
3. Understand the benefits of lifelong participation in physical and mental activities

Course Content

1. Participation in physical strengthening and mental focusing activity
 - a. Weight training
 - b. Stretching
 - c. Relaxation and mediation
 - d. Activities
 - i. Archery
 - ii. Golf
 - iii. Swimming
 - iv. Yoga

- v. Tai Chi
 - vi. Martial arts
2. Demonstrate the basic training/methodology
 - a. Muscular strength and endurance
 - b. Cardiovascular endurance
 - c. Flexibility
 - d. Specificity
 - e. Balance and coordination
 - f. Motor skills
 - g. Relaxation and mental focusing skills
 3. Understand the benefits of lifelong participation in physical and mental focused activity
 - 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. Improves 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

Appropriate gym space, indoor room or outdoor space.

Method(s) of Evaluation

Pre- and post-activity measurements
Self evaluations

Method(s) of Instruction

Instructor discussion, demonstration and interaction

Representative Text(s) and Other Materials

Instructor prepared materials

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