

## Adapted Back Care

Instructor: Mikel Schmidt

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Class: Building 8

### COURSE DESCRIPTION

Designed for students who would like to improve their back health. Lecture topics include: structure of the healthy spine, common deviations and back injuries, and proper body mechanics. Students will participate in flexibility training and a progressive exercise program to build musculature and correct posture, and will learn how to perform daily living activities while maintaining back health.

### COURSE OBJECTIVES

Upon completion of this course students will be able to:

- a. Employ back strengthening techniques into their exercise program
- b. Incorporate various abdominal exercises into their exercise program
- c. Incorporate flexibility exercises relative to fitness goals
- d. Organize all exercise modalities in the most effective order based on spine stabilization
- e. Provide future feedback to instructor to better facilitate exercise effectiveness
- f. Employ safety procedures

### GRADING

**Attendance, Participation. This is a CR/NC class.**

### LOCKERS

You can use any of the small lockers all semester with your own lock. You can also use a big locker for the day only, with your own lock. Make sure at the end of the semester that you take all of your belongings out of the lockers, otherwise it will be cleaned out for you!

### EMERGENCIES

Dial 911 for any emergencies.