

**College of San Mateo  
Official Course Outline**

1. **COURSE ID:** FITN 332.1    **TITLE:** Stretching and Flexibility I  
**Units:** 0.5 or 1.0 units    **Hours/Semester:** 24.0-54.0 Lab hours  
**Method of Grading:** Grade Option (Letter Grade or Pass/No Pass)
  
2. **COURSE DESIGNATION:**  
**Degree Credit**  
**Transfer credit:** CSU; UC  
**AA/AS Degree Requirements:**  
    CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education  
**CSU GE:**  
    CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2
  
3. **COURSE DESCRIPTIONS:**  
**Catalog Description:**  
    A beginning class designed to increase flexibility, tone the body, improve circulation, teach proper breathing and relaxation, and create basic understanding of what is necessary for good health.
  
4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**  
    Upon successful completion of this course, a student will meet the following outcomes:
  1. At a beginning level, improve one or more of the following: range of motion, body composition, resting heart rate, strength and endurance, and aerobic capacity.
  2. At a beginning level, demonstrate knowledge of various exercises.
  
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
    Upon successful completion of this course, a student will be able to:
  1. Explain general fitness principles as they apply to the course at a beginning level.
  2. Explain body composition and risk factors for heart disease at a beginning level.
  3. Demonstrate knowledge of course-applicable anatomy/physiology/kinesiology at a beginning level.
  4. Explain imperative course content, including correct breathing techniques, centering, basic posture coordinated movement, alignment and stamina at a beginning level.
  5. Perform correct breathing techniques, centering, basic posture coordinated movement, alignment and stamina at a beginning level.
  6. Improve general physical fitness level throughout the course of the term at a beginning level.
  7. Understand the symbiotic relationship between flexibility (lack of), abdominal strength, and low back issues at a beginning level.
  
6. **COURSE CONTENT:**  
**Lab Content:**
  1. Establishment of student base fitness level
    - A. Participation in department-administered fitness test
  2. Breathing
    - A. Thoracic/lateral breathing at a beginning level
  3. Body centering
    - A. Abdominal exercises to increase core strength at a beginning level
  4. Beginning level posture
    - A. Standing postural poses
    - B. Seated postural poses
  5. Varied beginning level techniques to facilitate stretching
  6. Varied beginning level techniques to facilitate increased flexibility
  7. Coordinated movement activities at a beginning level
  
7. **REPRESENTATIVE METHODS OF INSTRUCTION:**  
    Typical methods of instruction may include:
  - A. Lecture
  - B. Activity
  - C. Discussion

- D. Individualized Instruction
- E. Observation and Demonstration
- F. Other (Specify): Lectures/Presentations at a beginning level [benefits of regular activity/exercise, stretching, importance of proper warm-up / cool-down stretches, applicable human anatomy/physiology/kinesiology] Demonstrations at a beginning level [proper stretching techniques / form, postural poses] Guided beginning level routines [specific breathing, postural, stretching and centering practices, demonstration(s) of proper body alignment and stamina]

#### 8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

**Writing Assignments:**

Written examination in which beginning level critical thinking skills are applied. Questions will be based on reading assignments and lecture information.

**Reading Assignments:**

Students may be expected to read 10-15 pages of handouts.

**Other Outside Assignments:**

Students are encouraged to engage in cardiovascular exercise at least once per week outside of class.

#### 9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Written examination
- F. Assessment of student knowledge of beginning level stretching and flexibility through regular instructor evaluation. Monitoring and evaluation of student execution, at a beginning level, of postural poses, centered breathing and stretching routines, with particular emphasis on skills progression. Evaluation of beginning level written examination(s) covering the health benefits of stretching, including risk factors of cardiovascular disease and stroke, and other heart-related topics. Evaluation of student participation in / contribution to beginning level classroom discussions.

#### 10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Nelson, A., G.. *Stretching Anatomy*, 3rd ed. Champaign, Ill.: Human Kinetics, 2021

Other:

- A. Instructor-generated handouts

**Origination Date:** November 2021

**Curriculum Committee Approval Date:** December 2021

**Effective Term:** Fall 2022

**Course Originator:** Mikel Schmidt