College of San Mateo
Official Course Outline

1. **COURSE ID:** FITN 332.4 **TITLE:** Stretching and Flexibility IV
   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:
   An expert level 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. Improve one or more of the following at an expert level: range of motion, body composition, resting heart rate, strength and endurance, and aerobic capacity.
   2. Demonstrate knowledge of various exercises at an expert level.

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 an expert level.
   2. Explain body composition and risk factors for heart disease at an expert level.
   3. Demonstrate knowledge of course-applicable anatomy/physiology/kinesiology at an expert level.
   4. Explain imperative course content, including correct breathing techniques, centering, basic posture coordinated movement, alignment and stamina at an expert level.
   5. Perform correct breathing techniques, centering, basic posture coordinated movement, alignment and stamina at an expert level.
   6. Improve general physical fitness level throughout the course of the term at an expert 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 an expert level
   3. Body centering
      A. Abdominal exercises to increase core strength at an expert level
   4. Expert level posture
      A. Standing postural poses
      B. Seated postural poses
   5. Varied expert level techniques to facilitate stretching
   6. Varied expert level techniques to facilitate increased flexibility
   7. Coordinated movement activities at an expert 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 an expert level [benefits of regular activity/exercise, stretching, importance of proper warm-up / cool-down stretches, applicable human anatomy/physiology/kinesiology] Demonstrations at an expert level [proper stretching techniques / form, postural poses] Guided expert 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 expert 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 expert level stretching and flexibility through regular instructor evaluation. Monitoring and evaluation of student execution, at an expert level, of postural poses, centered breathing and stretching routines, with particular emphasis on skills progression. Evaluation of advanced 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 expert 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

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Course Originator: Mikel Schmidt