

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** FITN 332.3 **TITLE:** Stretching and Flexibility III
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 advanced 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 advanced level: range of motion, body composition, resting heart rate, strength and endurance, and aerobic capacity.
 2. Demonstrate knowledge of various exercises at an advanced 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 advanced level.
 2. Explain body composition and risk factors for heart disease at an advanced level.
 3. Demonstrate knowledge of course-applicable anatomy/physiology/kinesiology at an advanced level.
 4. Explain imperative course content, including correct breathing techniques, centering, basic posture coordinated movement, alignment and stamina at an advanced level.
 5. Perform correct breathing techniques, centering, basic posture coordinated movement, alignment and stamina at an advanced level.
 6. Improve general physical fitness level throughout the course of the term at an advanced 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 advanced intermediate level
 3. Body centering
 - A. Abdominal exercises to increase core strength at an advanced intermediate level
 4. Advanced intermediate level posture
 - A. Standing postural poses
 - B. Seated postural poses
 5. Varied advanced intermediate level techniques to facilitate stretching
 6. Varied advanced intermediate level techniques to facilitate increased flexibility
 7. Coordinated movement activities at an advanced intermediate 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 advanced level [benefits of regular activity/exercise, stretching, importance of proper warm-up / cool-down stretches, applicable human anatomy/physiology/kinesiology] Demonstrations at an advanced level [proper stretching techniques / form, postural poses] Guided advanced 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 advanced 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 advanced level stretching and flexibility through regular instructor evaluation. Monitoring and evaluation of student execution, at an advanced 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 advanced 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