

KIN M51: CORE STABILITY AND STRETCH

Originator

ablack

Co-Contributor(s)
Name(s)

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College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M51

Course Title (CB02)

Core Stability and Stretch

Banner/Short Title

Core Stability and Stretch

Credit Type

Credit

Start Term

Spring 2021

Formerly

PE M18

Catalog Course Description

Introduces a wide variety of concepts and physical conditioning techniques focusing on core musculature, balance, coordination, and flexibility. Includes movement skills using a variety of fitness modalities, body weight, and props, to elicit both intrinsic and extrinsic core conditioning. Improves balance, flexibility, mobility, strength, enhances posture, body awareness, and reduces stress. Adapts activities to varied levels of ability and fitness.

Additional Catalog Notes

Credit Limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

Taxonomy of Programs (TOP) Code (CB03)

0835.00 - Physical Education

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- 1 demonstrate improved flexibility in the sit and reach test.
- 2 demonstrate appropriate use of exercise machines.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- 1 identify the primary benefits and methods of engaging the core for everyday movement.
- 2 identify the primary fitness components applied in this course and discuss anatomical kinesiology, bioenergetics, strength, flexibility, body composition, muscular and cardiovascular endurance.
- 3 demonstrate basic movement skills that activate the five primary actions of the core.
- 4 apply movement modifications in order to receive safe and effective muscular conditioning specific to individual needs, skill level and abilities; identify the basic principles of specificity, overload, progression, and motor learning.
- 5 identify changes in physical conditioning, movement skills, and healthy lifestyle behaviors; discuss the basics of healthful eating, physical activity, and mindfulness for lifelong fitness and enhanced well-being.
- 6 identify the role of core stabilization in promoting back health and functional movement patterns.

Course Content

Lecture/Course Content

N/A

Laboratory or Activity Content

1. (4%) **Introduce the fitness components, and their application specific to core conditioning and stretching**
2. (6%) **Discuss the structure and function of the musculoskeletal system along with movement modifications for safety and comfort during the learning and execution of skills**
3. (6%) **Discuss, demonstrate and practice the five primary actions of the spine including stabilization, forward flexion, extension, lateral flexion, and rotation**
4. (6%) **Explore the evolution and trends for core conditioning, stretching, and mobility theories and practices**
5. (6%) **Explain and practice the role of core stability in spine health, including the application of fundamental movement skills for exercise, sport, and daily living activities**
6. (6%) **Discuss the concepts of mindfulness, and practice mental focus, breathing skills, and controlled movement**
7. (10%) **Explore posture, alignment, and body awareness**
8. (15%) **Practice varied types and techniques for stretching**
 - active
 - dynamic
 - fascial
 - passive
 - proprioceptive neuromuscular facilitation (PNF)
 - static
9. (5%) **Functional integrated movement patterns**
 - rolling and rotation
 - pushing
 - pulling
 - hinging
 - lunging
 - squatting
 - ground and up
10. (10%) **Concepts and practices of a classic core conditioning formats**
 - Yoga
 - Pilates
11. (8%) **Integrating weights, resistance equipment, and balance props**
12. (10%) **Compound movement patterns for intermediate to advanced skill development and personal challenges**
13. (8%) **Discuss basic concepts of nutrition, healthy eating behaviors, body image, posture, stress management, metabolic energy systems, wellness, and holistic health**

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
Skills demonstrations
Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Classroom Discussion
Essay exams
Journals
Laboratory activities
Projects
Participation
Portfolios
Quizzes
Reports/Papers/Journals
Skills demonstrations
Skill tests or practical examinations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations

Computer-aided presentations
 Class activities
 Class discussions
 Distance Education
 Demonstrations
 Group discussions
 Internet research
 Laboratory activities
 Lecture
 Small group activities

Describe specific examples of the methods the instructor will use:

1. Verbal explanation of concepts and application to skills.
2. Visual demonstrations of physical skills, supplemented with verbal and or physical cues for various actions, muscle activation, body sensations, and mental awareness.
3. Verbal cueing for guiding students through exercises and providing feedback without the presence of visual demonstrations.

Representative Course Assignments

Writing Assignments

1. Maintain a personal exercise journal recording types of core stability exercises learned.
2. Write a report on the benefits of a stable core.

Critical Thinking Assignments

1. Design a self-guided core stability and stretch exercise program implementing concepts and skills learned in class.
2. Identify areas of core deficiencies on an individual and recommend appropriate exercises to promote core health and flexibility.

Reading Assignments

1. Read articles chosen by the instructor regarding mechanics of back injuries.
2. Read articles chosen by the instructor regarding the benefits of core stability and flexibility in preventing back injuries.

Skills Demonstrations

1. Demonstrate proper hip hinging with a stable core, or other functional movement patterns for daily living activities.
2. Choose and demonstrate one or more core exercises learned in class that primarily activates each muscle group within the core area.

Outside Assignments

Articulation

Comparable Courses within the VCCCD

KIN V74A - Core Balance and Fitness
 PE R106 - Core Stability and Stretch

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Canada College	FITN 128	Core Strength and Functional Training	1
Evergreen Valley College	KINS 095	Core Strength Conditioning	1
Los Medanos College	KNACT 58	Core Strengthening	1

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E2. Physical Education

Approved

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

Fall 2003

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Approved

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

UC TCA

UC TCA

Approved

IGETC**Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

DescriptionFrederick, Ann Marie, and Christopher Frederick. *Stretch to Win*. 2nd ed., Human Kinetics, 2017.**Resource Type**

Textbook

DescriptionDelavier, Frederic, and Michael Gundill. *Delavier's Core Training Anatomy*. Human Kinetics, 2011.**Resource Type**

Textbook

Description*Core Assessment and Training*. Human Kinetics, 2010.**Resource Type**

Textbook

Classic Textbook

No

DescriptionStarrett, Kelly, and Glen Cordoza. *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance*. 2nd ed., Victory Belt, 2015.**Resource Type**

Manual

DescriptionHowell, Lisa. *A New Approach to Core Stability*. CreateSpace, 2018.**Resource Type**

Websites

DescriptionAmerican College of Sports Medicine: <http://www.acsm.org>
Site that promotes occupations in sports medicine internationally.

Resource Type

Websites

Description

IDEA: Health and Fitness Association: <http://www.idealife.com>

Site of a company that promotes exercise, good nutrition and mindfulness. Sponsors *IDEA Fitness Journal*.

Resource Type

Websites

Description

American Council on Exercise: <http://www.acefitness.com>.

Site of a nonprofit organization promoting certification, education, and training.

Library Resources

Assignments requiring library resources

Research on health and exercise-related topics covered in the class using the Library's print and online resources.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Research, using the Library's print and online resources, on a topic such as the importance of mindfulness and focus in performing exercises.

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities.

Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.

E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Labs will be face to face with practical (identification) quizzes and exams. Lab time will offer student-student interaction and time to ask question of the instructor.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.
Video Conferencing	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.
Other DE (e.g., recorded lectures)	Instructor may record workouts and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
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100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
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Examinations**Hybrid (1%–50% online) Modality**

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

PHYSICAL EDUCATION

Review and Approval Dates**Department Chair**

10/10/2020

Dean

10/14/2020

Technical Review

10/29/2020

Curriculum Committee

11/3/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

11/23/2020

Control Number

CCC000524542

DOE/accreditation approval date

MM/DD/YYYY