

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**EXERCISE SCIENCE 013 – FLEXIBILITY FITNESS**

1 hour lecture, 2 hours laboratory, 1.5 units

**Catalog Description**

Flexibility program which provides students with knowledge of their optimal range of motion. Emphasizes participation that suits the needs of all age and ability levels including dancers, athletes, seniors and fitness enthusiasts.

**Prerequisite**

None

**Course Content**

- 1) Baseline and final assessments including flexibility and balance tests. Base body structure and composition.
  - a. Muscle action
  - b. Body mechanics
  - c. Postural implications
  - d. Range of motion evaluations
    1. Barre exercise
    2. Plie and upper body flexion
    3. Barre stretches
- 2) Floor exercises to improve alignment
  - a. Neck and back flattening
  - b. Upper trunk extension
  - c. Abdominal strengthening
- 3) Adaptive floor barre exercises
  - a. Hamstring stretch
  - b. Inner thigh stretching and strengthening
  - c. Ilio-psoas stretching and strengthening
  - d. Low back extensions
- 4) Center combinations
  - a. Standing level locomotion
  - b. Floor to standing level locomotion
  - c. Standing level to floor locomotion
  - d. Balances and alignment

**Course Objectives**

Students will be able to:

- 1) Evaluate stretching techniques in order to exercise safely and effectively.
- 2) Demonstrate exercises such as low back, shoulder and hamstring flexibility which display full range of motion.
- 3) Participate in stretching exercises which improve flexibility.
- 4) Examine posture to determine corrective measures for improvement.
- 5) Compare and contrast flexibility measures to population norms.

**Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to appraise, identify, explain, describe and/or provide examples of exercises and other activities that are appropriate for their physical conditions and limitations.
- 2) Objective skills testing that measure students' proficiency and improvement in performing appropriate exercises and activities given their physical abilities.
- 3) Targeted exercise activities that measure students' ability to demonstrate proper stretching techniques.
- 4) Objective physical fitness evaluations that measure students' sit and reach flexibility and goniometry range of motion testing of various joints.

**Special Materials Required of Student**

Leotards/tights, sweatshirts/pants, gym shoes

**Minimum Instructional Facilities**

Dance room with clean wooden floor, full-size mirrors, sound system

**Method of Instruction**

- 1) Lecture and discussion
- 2) Demonstration
- 3) Practice
- 4) Visual aids

**Out-of-Class Assignments**

- 1) Assigned reading
- 2) Online quizzes
- 3) Fitness log

**Texts and References**

- 1) Required (representative example): Walker, Brad. *The Anatomy of Stretching*. 2nd edition. North Atlantic Books, 2011.
- 2) Supplemental: None

**Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Evaluate stretching techniques in order to exercise safely and effectively.
- 2) Demonstrate exercises such as low back, shoulder and hamstring flexibility which display full range of motion.
- 3) Participate in stretching exercises which improve flexibility.
- 4) Examine posture to determine corrective measures for improvement.
- 5) Compare and contrast flexibility measures to population norms.