



KINE 101 - Muscle and Tension Release Techniques Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616627

Discipline(s) Dance
Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 101

Course Title Muscle and Tension Release Techniques

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units, no longer variable.

Units 1.5

Cross List DANS 101 - Somatics 101: Maintenance for Movers

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment 20

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

General Education Information: **SECTION B**

Course Description **SECTION C**

A. basic assessment

B. common imbalances

III. Beneficial somatic concepts, techniques and exercises. Specific topics may include, but are not limited to:

- A. Restorative yoga
- B. Myofascial release techniques using the foam roller
- C. various stretching techniques:

- 1. Types: static, ballistic, dynamic, passive, etc.
- 2. PNF (Proprioceptive Neuromuscular Facilitation)
- 3. MRT (Movement release techniques)
- 4. PIM (Progressive integrating movement)

- D. Alexander technique
- E. Feldenkrais technique
- F. BMC (Body-Mind Centering)
- G. various techniques with straps, bands and balls

IV. Basic concepts of sleep, hydration and proper nutrition as they relate to recovery from physical activity.

V. Creation of a personalized restorative practice.

4. Methods of Instruction:

Activity: practice techniques and self-evaluation

Discussion: Summary from Content section: Anatomy/bio-mechanic basics for safely participating and understanding the efficacy of restorative practices. Nutrition, rest, hydration basics. Alignment basics. General introduction to various somatic modalities.

Lab: individual or partner or small group:

Additional assessment information:

Initial assessments of alignment and flexibility.

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Reading Assignments Read the handout on skeletal muscles of the human body and list the main muscles list the muscles that are used often in your movement technique.

Read Chapter Two, "Alexander Technique: Overview and Basic Principles".

B. Writing Assignments

Writing Assignments Describe a basic restorative posture from Restorative yoga.

Create your personal workout/therapy plan regimen from the techniques practiced in class.

C. Other Assignments

Review of guest lecturer.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Miller, Jill
Title: The Roll Model
Publisher: Victory Belt Publishing
Date of Publication: 2015
Edition: 1

B. Other required materials/supplies.

Students may want to provide their own props such as foam rollers, but they will also be provided.