KINE 146 - Fitness Flexibility Course Outline

Approval Date: 02/13/2020
Effective Date: 08/14/2020

SECTION A

Unique ID Number	CCC000616680
Discipline(s)	Coaching Coaching Health Physical Education
Division	Kinesiology & Athletics
Subject Area	KINESIOLOGY
Subject Code	KINE
Course Number	146
Course Title	Fitness Flexibility
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	*N/A*
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

Distance Education Mode of Instruction	On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability	May be repeated 0 times
Catalog Description	This course is designed for students to achieve greater overall flexibility, strengthen, and tone the muscles. This class will focus on abdominal

H. Posture Analysis
    a. Back care
I. Build muscular endurance
J. Stress and relaxation
K.

4. Methods of Instruction:

Activity:
Individualized Instruction:
Observation and Demonstration:
Other: Activity: students develop proper form in core exercises Observation and Demonstration: instructor demonstrates proper form and breathing for core exercises

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Additional assessment information:
Written or practical Mid Term
Written or practical Final Exam

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
Text and handout materials:

A student may be asked to read a handout and explain its relevance to his or her fitness situation.
A student may be asked to read a chapter on stretching techniques for p(n0h23BT/F1 11