



Course Outline

2026-2027 Catalog

KIN 48 - Stretching for Life

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course provides instruction in the fundamental skills of stretching. This flexibility fitness program, which will improve one's range of motion and muscular flexibility, helps prevent injuries while increasing one's total fitness.

Objectives

Upon successful completion of this course, the student should be able to:

1. Identify and properly perform the skills of stretching.
2. Demonstrate improvement of the skills of stretching.
3. Identify and describe stretching safety rules.

Course Content

Topic Titles / Suggested Time Topic		
	<u>Lecture/Activity</u>	
<u>Topics</u>		<u>Lec Hrs</u> <u>Act Hrs</u>
Introduction and Orientation		2.50
Student's Goals & Limitations		2.50
Muscle Group Identification		1.50
Fitness Assessment/Pre-Test		3.50
Introduction to Warm-Up Activities		11.00
Introduction to Total Body Flexibility Exercises		11.00
Selecting Appropriate Flexibility Exercises to Individual Needs		5.00
Flexibility Exercises for Individual Muscle Groups		14.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Demonstrations
- B. Discussion
- C. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- D. Multimedia Presentations

Methods of Evaluation

- A. Class participation
- B. Written or Oral Examinations
- C. Practical evaluation/ Flexibility testing-Pre & Post

Examples of Assignments

Reading Assignments

1. Read an article describing safe stretching practices and be ready to discuss injury prevention.
2. Read an article describing the attributes of stretching and be ready to discuss its value for overall fitness.

Writing Assignments

1. Write a short essay on the different types of stretching techniques.
2. Write a short essay on the proper techniques of flexibility exercises.

Out-of-Class Assignments

1. Visit a local yoga class and be ready to discuss the differences and commonalities of yoga vs. stretching.
2. Attend a CAS workshop on writing skills and turn in the attendance voucher.

Recommended Materials of Instruction

Other Learning Materials

The student will be required to provide:

- a. Athletic apparel (loose fitting clothing, sweatpants, loose fitting t-shirts)
- b. Tennis or court shoes

Other materials and/or equipment will be provided by the department.

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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