

PERALTA COMMUNITY COLLEGE DISTRICT COURSE OUTLINE

COLLEGE:	Laney College	STATE APPROVAL DATE:	06/26/2016
ORIGINATOR:	Kimberly Bretz	STATE CONTROL NUMBER:	CCC000574600
		BOARD OF TRUSTEES APPROVAL DATE:	06/14/2016
		CURRICULUM COMMITTEE APPROVAL DATE:	04/18/2016
		CURRENT EFFECTIVE DATE:	01/23/2017

DIVISION/DEPARTMENT: Laney College

1. REQUESTED CREDIT CLASSIFICATION:

Credit - Degree Applicable
Course is not a basic skills course.
Stand-alone

2. DEPT/COURSE NO:

SPFT 037C

3. COURSE TITLE:

Core and Restore III - Intermediate

4. COURSE: Laney New Course

TOP NO. 0835.00

5. UNITS: 0.50

HRS/WK LEC: 0.00 Total: 0.00

HRS/WK LAB: 2.00 Total: 35.00

HRS/WK TBA:

6. NO. OF TIMES OFFERED AS SELETED TOPIC: AVERAGE ENROLLMENT:

7. JUSTIFICATION FOR COURSE:

Offers Students the opportunity to develop core strength for injury prevention and decrease potential back pain. Rolling offers a technique for self massage (myofascial release) and is used to treat muscle tension, injuries, and to prevent future injuries for students and athletes to enhance their quality of life and decrease stress.

8. COURSE/CATALOG DESCRIPTION

Activity class: Development of intermediate level abdominal and core strength and stability in conjunction with using a roller to decrease stress and muscle tension throughout the body, as well as providing muscular rehabilitation.

9. OTHER CATALOG INFORMATION

a. Modular: No If yes, how many modules:

b. Open entry/open exit: No

c. Grading Policy: Both Letter Grade or Pass/No Pass

d. Eligible for credit by Exam: No

e. Repeatable according to state guidelines: No

f. Required for degree/certificate (specify):

g. Meets GE/Transfer requirements (specify):

Acceptable for credit: CSU/UC

h. C-ID Number: Expiration Date:

i. Are there prerequisites/corequisites/recommended preparation for this course? No

j. Acceptable for Credit: CSU/UC

- 10. LIST STUDENT PERFORMANCE OBJECTIVES (EXIT SKILLS):** (Objectives must define the exit skills required of students and include criteria identified in Items 12, 14, and 15 - critical thinking, essay writing, problem solving, written/verbal communications, computational skills, working with others, workplace needs, SCANS competencies, all aspects of the industry, etc.)(See SCANS/All Aspects of Industry Worksheet.)

Students will be able to:

1. Verbalize and demonstrate intermediate principles of abdominal and core function and how they apply to individual fitness and health.
2. Verbalize intermediate principles of myofascial release and it's application for releasing muscle tension.
3. Demonstrate Core Muscular Strength through progressive workouts.
4. Demonstrate proper rolling technique to target specific muscles and muscle groups
5. Display targeted rolling exercises and technique appropriate for rehabilitating specific personal areas of compromised muscle tissue.
6. Develop positive interaction and support from other members of the class to continue motivation and interest in personal health and fitness.

- 11A. COURSE CONTENT:** List major topics to be covered. This section must be more than listing chapter headings from a textbook. Outline the course content, including essential topics, major subdivisions, and supporting details. It should include enough information so that a faculty member from any institution will have a clear understanding of the material taught in the course and the approximate length of time devoted to each. There should be congruence among the catalog description, lecture and/or lab content, student performance objectives, and the student learning outcomes. List percent of time spent on each topic; ensure percentages total 100%.

LECTURE CONTENT:

(None - Primarily Activity Class)

11B. LAB CONTENT:

LAB CONTENT:

1. Fitness Testing - 5%
 - a. Abdominal Strength
 - b. Muscular Tension
 - c. Flexibility
2. Anatomy and Function of Muscular Structure and Core - 10%
 - a. Intermediate muscle anatomy and application
 - i. Core anatomy to include: abdominals, obliques, and back musculature
 - ii. Application of anatomical structure to core movements
 - iii. Function of the core
 - iv. Competing muscles: hip flexors and abdominals and common misconceptions
 - v. Intermediate concepts of myofascial tissue
 - vi. Intermediate concepts of muscular tension and injury
 - vii. Intermediate Injury Prevention and Rehabilitation
 - b. Application of anatomical structures/ muscles to core movements
3. Abdominal/ Core Strength Activities - 30%
 - a. Progressive Exercises for Abdominals/ Obliques/ Low Back
4. Application and Techniques for Rolling with foam rollers for myofascial release - 5%
 - a. Application: self myofascial release systematically restores tissue elasticity, and enhances fluidity and function, resulting in pain reduction, reduced risk of injury, and performance enhancement.
 - b. Techniques - Myofascial Compression Techniques (MCT) - from Trigger Point Therapy / other techniques.
5. Rolling Activities for Myofascial Release- 45%
 - a. Biomechanical Target areas: The Ultimate 6 are the six muscles (Soleus, Quadriceps, Psoas, Piriformis, Pectorals, Thoracic Spine) that influence biomechanics the greatest. By manipulating these six keys muscles, the body can achieve structural integrity, thus

creating a platform for optimal performance and injury prevention. The plus categories (Calf, Soleus, Anterior Tibialis, Peroneus, Inner Quad (VMO), Latissimus Dorsi) also play a major role in movement and will add to the overall effectiveness of treating the body systematically

- b. Myofascial Release Focus areas: Due to the configuration of the roller, the muscles that benefit from rolling the most are: Calves, Soleus, Hamstrings, Quadriceps, Gluteals, Hip Flexors, Piriformis, IT connectors, Trapezius, Latissimus Dorsi, Triceps and neck muscles.

6. Flexibility Exercises - 5%

- a. Intermediate Concepts of Flexibility
b. Increasing Range of motion - especially hamstring and low back

12. METHODS OF INSTRUCTION (List methods used to present course content.)

1. Activity
2. Lecture
3. Lab
4. Observation and Demonstration
5. Discussion
6. Critique
7. Individualized Instruction
8. Multimedia Content

Other Methods:

Modeling

13. ASSIGNMENTS: 0.00 hours/week (List all assignments, including library assignments. Requires two (2) hours of independent work outside of class for each unit/weekly lecture hour. Outside assignments are not required for lab-only courses, although they can be given.)

Out-of-class Assignments:

Lab only – primarily based on physical skills. Examination may be offered in class or online.

ASSIGNMENTS ARE: (See definition of college level):

Primarily College Level

14. STUDENT ASSESSMENT: (Grades are based on):

SKILL DEMONSTRATION

MULTIPLE CHOICE

OTHER (Describe):

Written test is multiple choice/true & false; skills assessments are practicals and don't require an essay portion.

Why "ESSAY" is not checked:

15. TEXTS, READINGS, AND MATERIALS

A. Textbooks:

Knopf, K., Knopf, C.. 2014. *Trigger Point Therapy with the Foam Roller: Exercises for Muscle Massage, Myofascial Release, Injury Prevention and Physical Rehab* 1st. Ulysses Press

*Date is required: Transfer institutions require current publication date(s) within 5 years of outline addition/update.

B. Additional Resources:

Library/LRC Materials and Services:

The instructor, in consultation with a librarian, has reviewed the materials and services of the College Library/LRC in the subject areas related to the proposed new course

Are print materials adequate? Yes

Are nonprint materials adequate? Yes

Are electronic/online resources available? Yes

Are services adequate? Yes

Specific materials and/or services needed have been identified and discussed. Librarian comments:
Please provide a list of recent, recommended supplementary (non-textbook) titles to the acquisitions librarian.

C. Readings listed in A and B above are: (See definition of college level):

Primarily college level

16. DESIGNATE OCCUPATIONAL CODE:

E - Non-Occupational

17. LEVEL BELOW TRANSFER:

Y = Not Applicable

SUPPLEMENTAL PAGE

Use only if additional space is needed. (Type the item number which is to be continued, followed by "continued.")

Show the page number in the blank at the bottom of the page. If the item being continued is on page 2 of the outline, the first supplemental page will be "2a." If additional supplemental pages are required for page 2, they are to be numbered as 2b, 2c, etc.)

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