

KINE-146B: INTERMEDIATE FITNESS AND FLEXIBILITY

Justification for this inactivation request

Unable to fill/offer

Effective Term

Fall 2026

CC Approval

08/22/2025

AS Approval

10/09/2025

BOT Approval

10/16/2025

COCI Approval

02/23/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Coaching (Any Degree and Professional Experience)	Or
Health (Master's Degree)	Or
Physical Education (Master's Degree)	Or

Subject Code

KINE - Kinesiology

Course Number

146B

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Intermediate Fitness and Flexibility

Short Title

Int Fitness and Flexibility

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

SECTION B - Course Description

Catalog Course Description

This course is designed for students to achieve greater overall flexibility, strength, and muscle tone. Focus on intense abdominal conditioning for greater stability in the lower back and for optimal posture. Stability balls, stretch bands, and light weights will be used.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

Advisory Prerequisite(s)

Completion of KINE-146 with a minimum grade of C.

SECTION D - Course Standards

Is this course variable unit?

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:

1. Students will demonstrate advanced stretching techniques.
2. Students will demonstrate ability to analyze range of motion and develop programs to improve range of motion.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Identify ways to condition and stretch major muscle groups.
2. Demonstrate and implement static, dynamic and PNF components of flexibility into a fitness program.
3. Emphasize building muscular endurance as an approach to stabilize the low back.
4. Evaluate range of motion.
5. Evaluate core fitness.
6. Students will demonstrate advanced stretching techniques.
7. Students will demonstrate ability to analyze range of motion and develop programs to improve range of motion.

Course Content

1. Introduction - course objectives
2. Pre-Test
 - a. Measurement of range of motion
 - b. Anatomical
 - c. Upper body muscles
 - d. Lower body muscles
3. Abdominal
4. Joint range of motion-measurement and evaluation
5. Types of stretching and how to incorporate into a fitness plan.
6. Application to aerobic workout
7. Daily Stretch routines
 - a. Stretch routines for sports
8. Strength exercise
9. Posture Analysis
 - a. Back care
10. Build muscular endurance
11. Stress and relaxation
12. Demonstrate and implement static, dynamic and PNF components of flexibility into a fitness program

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Demonstration of skills
Projects	Orally delivered or written on a specific subject
Lecture	Kinesthetic and visual aids
Discussion	Students answer questions regarding fitness
Other	Students will be required to demonstrate knowledge of measurement techniques.

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Group Work	
Individualized Instruction	

Journal

Lecture

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards

Chat Rooms

Discussion Boards

E-mail Communication

Telephone Conversations

Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms

Discussions

Group Work

Course design is accessible

Yes

Methods of Evaluation**Methods of Evaluation**

Types	Examples of classroom assessments
Exams/Tests	Final Exam - objective format Mid Term - objective format
Projects	Delivered orally or written form
Other	Students will be required to demonstrate measurement skills.

Assignments**Reading Assignments**

1. A student may be asked to read a handout and explain its relevance to his or her fitness situation.
2. A student may be asked to read a chapter on stretching techniques for particular muscle groups.

Writing Assignments

1. Students may be asked to present a short lesson on a particular component of fitness.
2. Students may be asked to explain how they would help a person deal with a particular fitness issue.

Outside-of-Class Assignments

Journal writing.

A short research paper on a fitness component.

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Hoeger, W., Hoeger, S., Fawson, A. and Hoeger, C.

Title

Principles and Labs for Fitness and Wellness

Edition/Version

14th

Publisher

Brooks Cole

Year

2017

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****CB00 State ID**

CCC000616681

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No