

# KINE-146: FITNESS FLEXIBILITY

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## 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

146

### Department

Kinesiology

### Division

Kinesiology & Athletics

### Full Course Title

Fitness Flexibility

### Short Title

Fitness 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, strengthen, and tone the muscles. This class will focus on abdominal conditioning so the student can receive the benefits of a sturdy low back and 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

## 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 use principles of fitness flexibility and conditioning to develop a program.
2.	Students will practice a flexibility program incorporating core, low back and posture musculature.

**Course Objectives**

Upon satisfactory completion of the course, students will be able to:	
1.	Identify major muscle groups.
2.	Identify and demonstrate components of a stretch fitness program.
3.	Identify and integrate an effective abdominal conditioning program.
4.	Emphasize building muscular endurance as an approach to stabilize the low back.
5.	Evaluate range of motion.
6.	Evaluate core fitness.

**Course Content**

1. Introduction - course objectives
2. Pre-Test
  - a. Measurement of range of motion
    - i. Anatomical
  - b. upper body muscles
  - c. lower body muscles
3. Abdominal
4. Joint range of motion
5. Application to aerobic workout
6. Daily Stretch routines
  - a. Stretch routines for sports
7. Strength exercise
8. Posture Analysis
  - a. Back care
9. Build muscular endurance
10. Stress and relaxation

**Methods of Instruction****Methods of Instruction**

Types	Examples of learning activities
Activity	Students develop proper form in core exercises.
Individualized Instruction	
Observation and Demonstration	Instructor demonstrates proper form and breathing for core exercises.

**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	Written or practical Mid Term Written or practical Final Exam

**Assignments**

**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 particular muscle groups.

**Writing Assignments**

Students may be asked to present a short lesson on a particular component of fitness.

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**

CCC000616680

**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