

KINE-101: MUSCLE AND TENSION RELEASE TECHNIQUES

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Subject Code

KINE - Kinesiology

Course Number

101

Department

Kinesiology

Division

Kinesiology & Athletics

Double Coded With

DANS-101

Department

Dance

Division

Kinesiology & Athletics

Full Course Title

Muscle and Tension Release Techniques

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

SECTION B - Course Description

Catalog Course Description

This course teaches the athlete/ dancer / mover the proper maintenance of the body to ensure longevity and greater movement ability. Emphasis will be on foam roller techniques (self myofascial release) and stretching techniques but will cover general performance recovery topics and may incorporate other mind-body modalities.

SECTION C - Conditions on Enrollment

Repeatability

Not Repeatable

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

No

Units

1.50000

Distance Education Approval

Is this course offered through Distance Education?

No

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
2.	Students will understand basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity
3.	Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Identify basic anatomy and bio-mechanics involved in movement.
2.	Demonstrate proper alignment.
3.	Apply knowledge of basic nutrition, sleep/rest, basic muscle recovery and stretch techniques to create a personalized restorative practice.

Course Content

I. Basic anatomy of skeletal muscles/bones as they relate to: A. Myofascial release techniques on a foam roller. B. Stretching techniques. C. Mind-body tension release techniques. II. Proper alignment A. basic assessment B. common imbalances III. Beneficial somatic concepts, techniques and exercises. Specific topics may include, but are not limited to: A. Restorative yoga B. Myofascial release techniques using the foam roller C. various stretching techniques: 1. Types: static, ballistic, dynamic, passive, etc. 2. PNF (Proprioceptive Neuromuscular Facilitation) 3. MRT (Movement release techniques) 4. PIM (Progressive integrating movement) D. Alexander technique E. Feldenkrais technique F. BMC (Body-Mind Centering) G. various techniques with straps, bands and balls IV. Basic concepts of sleep, hydration and proper nutrition as they relate to recovery from physical activity. V. Creation of a personalized restorative practice.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	practice techniques and self-evaluation
Lab	individual or partner or small group assessments
Projects	Individual exercise plan, report on specific somatic modality
Visiting Lecturers	Feldenkrais, Martinieff, Alexander or other somatic modality practitioner.
Lecture	see Discussion
Discussion	Summary from Content section: Anatomy/bio-mechanic basics for safely participating and understanding the efficacy of restorative practices. Nutrition, rest, hydration basics. Alignment basics. General introduction to various somatic modalities.
Observation and Demonstration	verbal and kinesthetic alignment cues

Methods of Evaluation

Assignments

Reading Assignments

Reading Assignments Read the handout on skeletal muscles of the human body and list the main muscles list the muscles that are used often in your movement technique. Read Chapter Two, "Alexander Technique: Overview and Basic Principles".

Writing Assignments

Writing Assignments Describe a basic restorative posture from Restorative yoga. Create your personal workout/therapy plan regimen from the techniques practiced in class.

Outside-of-Class Assignments

Review of guest lecturer.

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000616627

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No