

2115 – Principles of Flexibility
Exercise Science Department
SALT LAKE COMMUNITY COLLEGE

Instructor:

Office Location:

Consultation hours:

E-Mail:

Location:

Email

Office Hours

As your instructor, you can expect that I will provide you with the instruction, guidelines, and decision-making needed for you to complete the course and have a meaningful educational experience. As part of that, my intent for this class is to create a space where we all feel included, heard, and respected and that our diverse identities and backgrounds are valued and viewed as an asset to our shared learning community. I broadly define diversity to include race, gender identity, national origin, ethnicity, religion, social class, age, sexual orientation, political background, and physical and learning ability. I strive to make this classroom an inclusive space for all. If you see ways I can improve the class, please let me know. And, if you run in to difficulties with the course or school in general, let me know. It is very likely that I can help out.

COURSE DESCRIPTION:

This class covers a comprehensive program to increase the range of motion stretching in joints, reduce muscle tension, and improve postural awareness through increased proprioception and joint stability with a regular flexibility exercise program. This course covers safe practice and enjoyable ways to increase muscular flexibility.

Prerequisites: None

Credit Hours: 1

Recommended text:

Open Resource. No textbook required.

Supplies & Tools: Workout clothes and shoes are required for this course.

OBJECTIVES/OUTCOMES:

Students

1. Students will interpret scientific principles in breath awareness, myofascial tension, mobility & motor control restrictions, and exercise corrections for movement dysfunctions related to compensation.
2. Demonstrate knowledge and application of mobility, stability, static, and dynamic mode of stretching including the appropriate implementation of each mode.
3. Students will develop a flexibility program utilizing the principles of mode, intensity, repetitions, and frequency while applying mobility, stability, static, and dynamic mode of stretching including the appropriate implementation of each mode.
4. Students will design and implement a flexibility program that fits the needs, health, and lifestyle of a participant in pursuing a flexibility goal.
5. Student will be able to apply anatomical landmarks pertaining to a postural assessment and will be able to analyze and describe deviations to the skeletal structure.

SLCC is committed to fostering and assessing the following College-wide student learning outcomes across the curriculum:

- Acquire substantive knowledge in the field of each student's choice
- Communicate effectively
- Develop quantitative literacy
- Think critically and creatively
- Be a community engaged learner and scholar
- Develop skills to work with others in a professional manner
- Develop computer and information literacy

The Core Themes of SLCC's Mission to provide quality Higher Education to the Broader Community are:

- Access and Success
- Transfer Education
- Workforce Education
- Community Engagement

INCOMPLETES:

An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class but is unable to complete course work due to circumstances beyond their control such as a major illness/injury or a death in the family. Written documentation from your physician will be required.

Important Information for Students

The Disability Resource Center

SLCC values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have a disability and believe you need accommodations to improve access to learning materials or the learning environment, please contact the Disability Resource Center: (phone) 801-957-4659; (email) drc@slcc.edu; (website) www.slcc.edu/drc.

The Student Code of Conduct

All students are expected to follow the [SLCC Student Code of Conduct](#).

Title IX Statement

Title IX of the Educational Amendments of 1972 prohibits discrimination based on sex in any educational institution that receives federal funding. Salt Lake Community College does not tolerate sex discrimination of any kind including: sexual misconduct; sexual harassment; relationship/sexual violence and stalking. These incidents may interfere with or limit an individual's ability to benefit from or participate in the College's educational programs or activities. If you have questions or concerns regarding your rights or responsibilities, or if you would like to file a Title IX complaint please contact:

Online Reporting Form: <http://www.slcc.edu/title-ix/complaint.aspx>

Students may also report incidents to an SLCC faculty or staff member, who are required by law to notify the Title IX Coordinator. If a student wishes to keep the information confidential, the student may speak with staff members of the Center for Health and Counseling, (801) 957-4268. For more information about Title IX, go to: <http://www.slcc.edu/title-ix/index.aspx>

Learning Support and Tutoring Services

General Learning Support & Tutoring Services provide support for SLCC students enrolled in any class at the College. All resources are provided free-of-charge. Ask your instructor about discipline-specific learning support and tutoring services.

- [Tutoring](#): index of all tutoring resources.
- [STEM Learning Centers](#): provide free assistance in Math, Science, Accounting, CSIS and Allied Health Classes at 6 campus locations.
- [Student Writing Center](#): provides in-person and online feedback on all writing assignments.
- [Academic Literacy Center](#): provides tutoring in reading and conversation.
- [Library Services](#): provides research help, print and online resources, computers and study space.
- [ePortfolio Lab](#): provides drop-in assistance for all ePortfolio questions.
- [eLearning Support](#): provides support for navigating online and hybrid classes.
- [Business Resource and Innovation Center](#): provides tutors and a study space for students in Business and CSIS courses. Located in BB 226 on Taylorsville-Redwood Campus.

Advising and Counseling Support Services

Advising and Counseling Support Services provide support for students enrolled in any class at the college.

- **Center for Health and Counseling**: provides health care, mental health counseling, massage therapy services and healthy lifestyle programs.
- **Veterans' Services**: assists hundreds of students in using their VA education benefits each semester.
- **Academic and Career Advising**: helps students plan, explore, make decisions, access resources and evaluate their academic and career goals.
- **Academic Achievement Center**: helps students achieve GPA requirements for graduation.

If you would like to start your ePortfolio in a computer lab with a person there to help you, sign up online for one of the **free workshops** at the Taylorsville-Redwood library: <http://libweb.slcc.edu/services/forms/eportfolio>. You may also visit an **ePortfolio Lab** (in the Taylorsville-Redwood Library LIB 047 as well as in HTC 102a on the Jordan Campus) during business hours, and staff will help you without an appointment. Finally, questions regarding the ePortfolio can be directed to eportfolio@slcc.edu.

COURSE REQUIREMENTS:

All students are required to:

1. Attend and actively participate in class.

*Make-up for absences will not be allowed.

*Classes missed due to late registration will be counted as absences.

*If you choose not to attend, you accept responsibility for what occurs during your absence.

2. Be on time for class. Students who arrive late, leave class early, or fail to dress/participate in class will lose participation points.
3. Sign the class roll each time you attend class.
4. Take exams and quizzes based on class lectures, handouts and text.
5. Participate in flexibility testing (pre, mid and post test).

6. Complete assignments and worksheets given by the instructor. Assignments and worksheets must be handed in on time to receive full credit.
7. Design and participate in a flexibility program.
8. Wear appropriate workout clothing and gym shoes.
9. Notify the instructor immediately in the event of any injury, or change in health status which occurs before, during, or after class. Make safety an important part of your learning experience.
10. Practice mutual respect and cooperation.

GRADING:

The final grade for this course will be computed as follows:

	% of Grade	Points Possible
Quizzes		40
Homework/Demonstration (Ground force Demo 50 points) (Posture analysis 50 points) (Dynamic Flexibility Demo 50 points) (Static stretch video 50 Points)		200
Homework (Terminology)		150
Discussion		10
Test. (Final)		150
2 Fitness Assessments & program design (Pre/Post) In class		100
Attendance		100
Totals		750

POINTS:

A	700-750	C	550-598
A-	680-699	C-	520-549
B+	650-679	D+	500-519
B	620-649	D	480-499
B-	600-619	D-	451-479
C+	580-599	E	Below 450

COURSE SCHEDULE:

This is a class designed towards becoming more flexible with an emphasis on fitness and wellness. The class meets for 2 lecture/lab hours per week.

INCOMPLETES:

An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class but is unable to complete course work due to circumstances beyond their control such as a major illness/injury or a death in the family. Written documentation from your physician will be required.


MEDICAL CONSIDERATIONS:

If you have any doubts about your health in relation to this course, consult with your doctor and then your instructor before beginning your program.

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General Education

Regardless of your major, [General Education](#) courses build a foundation of broad knowledge and skills that help you in your further career and life.

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EMERGENCY EVACUATION:

In case of emergency, please walk to the nearest exit on the _____ end of the building and meet outside next to _____.

PARTICIPATION WAIVER

Salt Lake Community College

Health & Lifetime Activities Department

Name: _____ S#: _____

Address: _____

Phone: _____ Age: _____ Gender: _____

Course: _____ Section: _____ Semester: _____ Year: _____

Instructor: _____

I have volunteered to participate in a program of progressive physical exercise sponsored by Salt Lake Community College. I understand that there are certain risks associated with any activity program, including, but not limited to: abnormal blood pressure, fainting, disorders of heart beat, rare instances of heart attack, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, etc., and accept the responsibility for participating in this program.

Every effort will be made by all involved to minimize risk of injury through preliminary examination and by observation during the activity. I hereby acknowledge and accept these risks.

I agree to hold harmless, defend, indemnify and release Salt Lake Community College and its officers, agents, and employees from any and all liability in conjunction with this program and its individual activities. I understand and acknowledge that the College assumes no responsibility for any accidents, damages, injuries, or other occurrences or losses of any kind associated with my participation in this course.

To my knowledge, I do not have any limiting physical condition or disability which would preclude an exercise program.

Participant's Signature

Date