

Principles of Flexibility

HLAC - 2115 401

Course Description

This is an intermediate course that teaches students the cognitive theories and practical application behind designing a comprehensive stretching program. Content will cover how to increase the range of motion in joints, reduce muscle tension, and improve postural awareness through increased proprioception and joint stability. Emphasis is on safe and enjoyable practice as participants increase their muscular flexibility by incorporating these principles.

Semester: All

Course Student Learning Outcomes

- Interpret scientific principles in breath awareness, myofascial tension, mobility & motor control restrictions, and exercise corrections for movement dysfunctions related to compensation.
- Demonstrate knowledge and application of mobility, stability, static, and dynamic mode of stretching including the appropriate implementation of each mode.
- Design and implement a flexibility program that fits the needs, health, and lifestyle of a participant in pursuing a flexibility goal.
- Apply anatomical landmarks pertaining to a postural assessment and will be able to analyze and describe deviations to the skeletal structure.
- 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.

Course Prerequisites

None

Engagement Plan

Example language:

- In this course I will be posting interactive announcements which will offer specific opportunities for class questions and extra credit every other week.
- Additionally, I will be participating in the discussion forums with you to share my perspective within the discipline and to offer some nuances of interpretation that may not be present in your textbook.
- Lastly, we'll be holding small group Q & A sessions, where we can learn from our peers (and faculty) on some of the more difficult units within the course.

Required Text or Materials

Title: No Textbook/Open resources

For more information on textbook accessibility, contact Accessibility & Disability Services at ads@slcc.edu.

Brief Description of Assignments/Exams

- 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

Assignment Schedule

Due Date	Assignment Name	Assignment Type	Points
	Introduce Yourself	Discussion	0
	Roll Call Attendance	Assignment	100
	Student led Ground Force Exploration	Assignment	50
9/19/24	Introduction/Goals	Discussion	10
11/5/24	Dynamic Stretching Demonstration (partner).	Assignment	50
9/23/25	ACSM position stand flexibility quiz	Quiz	6
10/2/25	Terminology: Basics of Stretching - Part A	Assignment	50
10/7/25	Postural analysis	Assignment	50
10/9/25	Diaphragmatic breathing paper quiz	Quiz	20
10/21/25	Static stretch video demonstration	Assignment	50
10/23/25	Terminology: Basics of Stretching - Part B	Assignment	50
10/28/25	Terminology: Focusing on Facilitated Stretching.	Assignment	50

Due Date	Assignment Name	Assignment Type	Points
11/4/25	PNF research paper quiz	Quiz	14
12/4/25	Flexibility Program design	Assignment	100
12/9/25	Final	Quiz	150

Grading Scale

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

% of Grade Points Possible

Quizzes: **40**

Homework/Demonstration: **200**

(Ground force Demo **50 points**)

(Posture analysis **50 points**)

(Dynamic Flexibility Demo **50 points**)

(Static stretch video **50 Points**)

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

How to Navigate to Canvas

Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

For more information, navigate to the Institutional Policies tab on the [Institutional Syllabus](#) page.

Learning Support and Tutoring Services

We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, visit the [Institutional Syllabus](#) page under the Tutoring and Learning Support tab. We encourage you to take

advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

Advising and Counseling Support Services

At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, visit the [Institutional Syllabus](#) page under the Advising and Counseling Support Services tab. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

Student Academic Calendar

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

[SLCC Student Academic Calendar](#)

Additional Policies

Inclusivity Statement:

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.