

Course Outline

COURSE: KIN 89B **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2015 **CURRICULUM APPROVAL DATE:** 10/13/2014

SHORT TITLE: STABILITY BALL TRNG - LEVEL 2

LONG TITLE: Stability Ball Training - Level 2

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

COURSE DESCRIPTION:

This course is designed to increase overall fitness using a stability ball. The class will focus on intermediate level exercises used for strengthening core muscles and developing endurance and balance. Students will supply their own stability ball and exercise mat. This course has the option of a letter grade or pass/no pass.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Demonstrate eight (8) intermediate level core strengthening and balance exercises using the stability ball.

Measure: performance

PLO: 4

ILO: 7,2,6

GE-LO: E1,A1

Anticipated Year of Assessment: Fall 2015

2. Increase their core muscular strength/endurance by 10% - 15%.

Measure: pre and post testing, performance

PLO: 4

ILO: 7,6

GE-LO: E1

Anticipated Year of Assessment: Fall 2015

PROGRAM LEARNING OUTCOMES:

After completing the Kinesiology major a student will be able to:

1. List and describe five career options available in the field of kinesiology.
2. Describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
3. Discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
4. Identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
5. Identify the skeletal and muscular structures of the human body.
6. Utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
7. Describe and demonstrate effective verbal and nonverbal communication skills.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 10/13/2014

3 - 6 Hours

Content: 3 - 6 Hours: Course overview, including learning outcomes, course requirements, and grading. Pre-test to determine each students' current core muscular strength, endurance, and balance. Review stability ball exercises presented in level 1.

Student Performance Objectives (SPO): Students will participate in the pre-test fitness assessment. They will demonstrate the stability ball exercise presented and participate in class workouts.

Out-of-Class Assignments:

3 - 6 Hours

Content: Introduce intermediate level abdominal and balance exercises using the stability ball. These exercises could include: abs - variations of the crunch, such as legs extended, reverse and side; balance - rollout and fly. Introduce intermediate level exercises for the chest (pectorals) and shoulders (deltoids) which also help develop stability ball balance. Such as: ball dumbbell press - incline, ball push up - feet up, ball rear deltoid raise - elbow bent, and ball scapular protraction.

Student Performance Objectives (SPO): Students will demonstrate the new exercises presented. They will participate in class workouts.

Out-of-Class Assignments:

4.5 - 9 Hours Content: Continue working on stability ball exercises presented to date. Vary exercises and combine two together to increase difficulty, such as: do a squat and reach exercise with the fitness ball by holding the ball in a downward position or an upward position or do a bridge and raise one leg off of the ball, or add a heel dig after the bridge. Increase the number of seconds and repetitions each exercise is

performed in order to develop muscular endurance. Introduce intermediate level exercises for the legs (hamstrings and quadriceps). This could include: weighted ball squat on wall, ball reverse leg curl, lying ball squeeze, and ball reverse bridge.

Student Performance Objectives (SPO): Students will participate in class workouts and demonstrate the new exercises presented for the legs. They will perform 2 - 3 intermediate level stability ball exercises in combination working at least two core muscle groups.

Out-of-Class Assignments:

4.5 - 9 Hours Content: Introduce intermediate level exercises for the back (latissimus and trapezius) and arms (biceps and triceps). These exercise could include: lats and traps - reverse ball hyperextension and alternating ball arm-leg extension; bi and triceps - ball biceps curl on knees and on one knee at a time as well as ball triceps extension. Continue working on increasing core muscular strength and endurance and improving balance by combining 2 - 4 exercises in a sequence.

Student Performance Objectives (SPO): Students will perform the new exercises introduced. They will increase the number of seconds each exercise is performed and/or increase the number of repetitions for each exercise.

Out-of-Class Assignments:

4.5 - 9 Hours Content: Continue performing all exercises presented. Add different variations to the exercises to increase the difficulty, such as: perform an abdominal ball raise and then let your legs slowly fall to the right/left or perform a superman with alternating arms/legs; as well as performing 2 - 4 exercises in combination.

Student Performance Objectives (SPO): Students will perform two different intermediate level exercises for each of the muscle groups presented. They will participate in class workouts.

Out-of-Class Assignments:

6 - 12 Hours Content: Introduce a sequence of intermediate level stability ball exercises that can be performed to help develop the students' core muscular strength, balance, and muscular endurance. Examples are: Set 1 - side to side bridge, hamstring curl, leg drops, back extension, swim kick with two hand support, push ups on the ball, reverse fly at 90 degrees, side crunch with knee off floor, bilateral leg raise with arms at 90 degrees, side squat, reverse bridge leg raise, ab crunch, and straight leg hip crunch or Set 2 - bridging with arms crossed, single leg hamstring curl, prone leg raise, push ups, reverse plank knee tuck, side crunch, lunge and twist, scissor leg reverse curls, oblique crunch, single leg calf raise, and alternate arm and leg raise. Fitness assessment post-testing will be completed.

Student Performance Objectives (SPO): Students will demonstrate a sequence of 5 - 7 intermediate level stability ball exercises. They will participate in class workouts, complete the self- assessment, and perform post-testing.

Out-of-Class Assignments:

2 Hours

METHODS OF INSTRUCTION:

guided practice, demonstration, discussion

METHODS OF EVALUATION:

Category 1 - The types of writing assignments required:

Percent range of total grade: 5 % to 20 %

Other: journaling, written self assessment

Category 2 - The problem-solving assignments required:

Percent range of total grade: % to %

Category 3 - The types of skill demonstrations required:

Percent range of total grade: 20 % to 40 %

Performance Exams

Category 4 - The types of objective examinations used in the course:

Percent range of total grade: 0 % to 20 %

Multiple Choice

True/False

Category 5 - Any other methods of evaluation:

Requires student participation. Percent range of total grade: 50 % to 70 %

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201530

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 89B

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number:

Sports/Physical Education Course: Y

Taxonomy of Program: 127000

