Course Title: Core Stretching

Course #: 1939

Course Description: Core stretching and fitness is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the fitness and stretching, it blends balance, strength, flexibility and power in a fitness format. This class is a relaxed-paced yoga practice that integrates breath work with deliberate muscle elongation, toning, and spacial awareness.

UC/CSU Approval: N/A

Grade Level: 9-12

Estimated Homework per Week: 0-1 HRS

Prerequisite: NONE

Recommended Prerequisite Skills: NONE

Course Grading:
Students receive 4 points daily based on the following standards....

4 Points:
- Engaged in designed workout throughout entire period. *(All drills completed)*
- Works with optimum efficiency to obtain peak physical conditioning.
- Demonstrates proper technique at all times.
- Demonstrates proper safety at all times.
- Completes all written assignments in a timely fashion.

3 Points:
- Engaged in designed workout throughout most of the class period. *(3/4’s of drills completed)*
- Works with above average efficiency to obtain peak physical conditioning.
- Demonstrates proper technique a majority of the lifts.
- Demonstrates proper safety a majority of the time.
- Completes all written assignments.

2 Points:
- Sporadically engaged in designed workout during the class period. *(1/2 of drills completed)*
● Works with below average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique rarely.
● Demonstrates proper safety rarely.
● Completes some written assignments.

1 Point:
● Rarely engaged in designed workout during the class period. (1/4 drill completed)
● Works with poor efficiency to obtain peak physical conditioning.
● Demonstrates proper technique hardly ever.
● Demonstrates proper safety hardly ever.
● Rarely completes written assignments.

Major Assessments/Units/Topics:

ASSESSMENTS
1. Goal Setting - Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy - Students will identify major muscles involved with exercise.
3. Exercise and Muscle identification - Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for students- Students will explore basic exercise nutrition as it relates to class movements
5. Fitness - FITT
   a. Frequency (how often)
   b. Intensity. Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
   c. Time 30-60 minutes per class
   d. Type – Muscular strength, muscular endurance, flexibility, and balance.

UNITS
Mastery of the following pose types:
1. Sitting
   a. Twist, Butterfly, Child’s pose, etc.
2. Standing
   a. Chair, Warrior 1, Warrior 2, etc.
3. Resting
   a. Easy, Bridge, Thread Needle, etc.
4. Breathing
   a. Cat, Cow, Cobra, etc.
5. Relaxation
   a. Downward Dog, Legs up on Wall, Lotus, etc.