
KINS 4.12: Fitness - Stretch and Flex

This course explores the technique, theory, and benefits of acquiring flexibility through a variety of stretching exercises. Particular attention is devoted to back care, core strength, functional movement screening (FMS), relaxation, proper breathing techniques, and muscle anatomy education with prescriptive stretching.

Letter Grade, Pass/No Pass

Units: 1

Lecture Hours: 0, Lab Hours: 48 - 54

Prerequisites: None

Co-Requisites: None

Advisory: None

Transferable to both UC and CSU

WVC GE: Area A-8: Kinesiology

CSU GE: Area E - Lifelong Learning and Self Development