

NC 709: FLEXIBILITY TRAINING FOR OLDER ADULTS

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	0
Total Contact Hours:	36
Lab Hours:	36
Hours Arranged:	0
Outside of Class Hours:	0
Total Student Learning Hours:	36
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Non-Credit Course

Catalog Course Description

An exercise course designed especially for older adults who wish to maintain physical fitness without undue exertion. Exercises begin with elementary movements and gradually increase to the individual's level of desired range of motion, flexibility, and strength. 36 lab hours.

Course Objectives

- Increase or maintain range of motion of upper body extremities.
- Increase or maintain range of motion of lower body extremities.
- Improve or maintain mobility while performing daily living activities.

Major Course Content

All Lab Content

Lab Content

1. Flexibility assessment
2. Mobility assessment
3. Flexibility training of upper and lower body
 - a. Active range of motion
 - b. Passive range of motion
 - i. Assistance with towel, band, or wand
4. Balance and mobility training
 - a. Daily living activities

Examples of Required Writing Assignments

Journal physical activity

Examples of Outside Assignments

Home exercise programs

Instruction Type(s)

Lab