



## **KINE 101 - Muscle and Tension Release Techniques Course Outline**

**Approval Date:** 02/13/2020

**Effective Date:** 08/14/2020

### **SECTION A**

**Unique ID Number** CCC000616627

**Discipline(s)** Dance  
Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 101

**Course Title** Muscle and Tension Release Techniques

**TOP Code/SAM Code** 1270.00 - Kinesiology / E - Non-Occupational

**Rationale for adding this course to the curriculum** Changing subject code to KINE. Changing hours and units, no longer variable.

**Units** 1.5

**Cross List** DANS 101 - Somatics 101: Maintenance for Movers

**Typical Course Weeks** 18

**Total Instructional Hours**

#### **Contact Hours**

**Lecture** 0.00

**Lab** 0.00

**Activity** 54.00

**Work Experience** 0.00

**Outside of Class Hours** 27.00

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**Total Contact Hours** 54

**Total Student Hours** 81

**Open Entry/Open Exit** No

**Maximum Enrollment** 20

**Grading Option** Letter Grade or P/NP

**Distance Education Mode of Instruction** On-Campus

## **SECTION B**

**General Education Information:**

## **SECTION C**

### **Course Description**

**Repeatability** May be repeated 0 times

**Catalog Description** This course teaches the athlete/ dancer / mover the proper maintenance of the body to ensure longevity and greater movement ability. Emphasis will be on foam roller techniques (self myofascial release) and stretching techniques but will cover general performance recovery topics and may incorporate other mind-body modalities.

**Schedule Description**

## **SECTION D**

### **Condition on Enrollment**

**1a. Prerequisite(s):** *None*

**1b. Corequisite(s):** *None*

**1c. Recommended:** *None*

**1d. Limitation on Enrollment:** *None*

## **SECTION E**

### **Course Outline Information**

#### **1. Student Learning Outcomes:**

- A. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
- B. Students will understand basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity
- C. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.

#### **2. Course Objectives:** Upon completion of this course, the student will be able to:

- A. Identify basic anatomy and bio-mechanics involved in movement.
- B. Demonstrate proper alignment.
- C. Apply knowledge of basic nutrition, sleep/rest, basic muscle recovery and stretch techniques to create a personalized restorative practice.
- D.

#### **3. Course Content**

I. Basic anatomy of skeletal muscles/bones as they relate to:

- A. Myofascial release techniques on a foam roller.
- B. Stretching techniques.
- C. Mind-body tension release techniques.

II. Proper alignment

A. basic assessment

B. common imbalances

III. Beneficial somatic concepts, techniques and exercises. Specific topics may include, but are not limited to:

- A. Restorative yoga
- B. Myofascial release techniques using the foam roller
- C. various stretching techniques:
  - 1. Types: static, ballistic, dynamic, passive, etc.
  - 2. PNF (Proprioceptive Neuromuscular Facilitation)
  - 3. MRT (Movement release techniques)
  - 4. PIM (Progressive integrating movement)
- D. Alexander technique
- E. Feldenkrais technique
- F. BMC (Body-Mind Centering)
- G. various techniques with straps, bands and balls

IV. Basic concepts of sleep, hydration and proper nutrition as they relate to recovery from physical activity.

V. Creation of a personalized restorative practice.

#### 4. Methods of Instruction:

**Activity:** practice techniques and self-evaluation

**Discussion:** Summary from Content section: Anatomy/bio-mechanic basics for safely participating and understanding the efficacy of restorative practices. Nutrition, rest, hydration basics. Alignment basics. General introduction to various somatic modalities.

**Lab:** individual or partner or small group assessments

**Lecture:** see Discussion

**Observation and Demonstration:** verbal and kinesthetic alignment cues

**Projects:** Individual exercise plan, report on specific somatic modality

**Visiting Lecturers:** Feldenkrais, Bartinieff, Alexander or other somatic modality practitioner.

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

#### Typical classroom assessment techniques

Quizzes -- basic anatomy quiz and basic biomechanics quiz

Projects -- Individual workout plan

Class Participation -- application of exercises

Class Work -- small groups or pairs for practice evaluating others

Home Work -- practice exercises

Final Exam -- Written exam for common somatic principles within different modalities

Additional assessment information:

Initial assessments of alignment and flexibility.

Letter Grade or P/NP

**6. Assignments:** State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Reading Assignments Read the handout on skeletal muscles of the human body and list the main muscles list the muscles that are used often in your movement technique.

Read Chapter Two, "Alexander Technique: Overview and Basic Principles".

B. Writing Assignments

Writing Assignments Describe a basic restorative posture from Restorative yoga.

Create your personal workout/therapy plan regimen from the techniques practiced in class.

C. Other Assignments

Review of guest lecturer.

**7. Required Materials**

**A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.**

Book #1:

Author: Miller, Jill  
Title: The Roll Model  
Publisher: Victory Belt Publishing  
Date of Publication: 2015  
Edition: 1

**B. Other required materials/supplies.**

- Students may want to provide their own props such as foam rollers, but they will also be provided.