DE ANZA COLLEGE
PHYSICAL EDUCATION AND ATHLETICS DIVISION

PE 11 Stretching, (meets General Education requirements) (2 hours per week) .5 units
Instructor: Coleen Lee-Wheat
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Office: 51G
Office Hours: prior to or after class, or make an appointment

Class Description: An introduction to a variety of stretching techniques—passive and active, yoga, tai chi, somatics, sport specific, therapeutic techniques—safely with the aid of rubberband systems, stability balls and other equipment. Emphasis on combining core strengthening, flexibility, balance and spacial awareness exercises. Technique modifications to account for physical limitations and injury avoidance. A brief examination of: the evolution of the various forms of stretching and how it may reflect the cultural values of the country the style emanates from; fundamental exercise physiology, nutrition and wellness concepts related to total fitness and individual variations due to age, gender, and/or genetics.

Class Objectives:
To assess the concept of “wellness”.
To develop and understanding of the benefits of a flexibility program
To gain a basic understanding and ability to apply concepts of basic exercise physiology, nutrition, flexibility and strength to improve one’s to improve one’s lifestyle.
To evaluate and execute various techniques and styles of “stretching”—comparing and contrasting different ways of using the same muscle groups with or without equipment.
To recognize and execute safe stretching techniques.
To briefly explore a multitude of stretching styles and how they may or may not reflect culture values of their origin.

Attendance Policy:
The class lesson starts at 35 minutes after the hour. It is very important to participate in the warm-up. Excessive tardies may constitutes an absence. One can miss 2 class hours without penalty. A grade penalty of 2.5% of a grade will be imposed starting the 3rd hour of absence. You should call me at the above number if you have or will be expecting a long term absence. You can make-up to 4 hours of class time -- see me about the details.
Every student is responsible for the paperwork processes relative to dropping the class. An “F” grade may result if procedures are not followed.

Attire and equipment: Tee-shirts and comfortable shorts or sweats—Very short shorts and low cut tops are inappropriate. Dress pants, dresses and jeans, are not acceptable. A hand towel or bath towel or yoga mat is highly recommended if you are not wearing long sleeves and pants. Locker room and shower facilities are located in the pool complex. Students are required to bring their own locks, towels, soap etc.. See attendants in the locker rooms for locker assignments.

Grading Scale: 100-88 % = A 87-78% = B 77-68 % = C 67-58 % = D below 57% = F

60% of the grade = attendance
15% of the grade = 20 Questions
15% essay
and 10% lab assessments (from text)

Required Texts:
Fahey, Insel and Roth. BRIEF ED. Fit and Well. 8th ed. Mayfield Pub.: Mtn. View, 2009
Recommended Texts: see attached list of fencing texts

Please note: if you have a current medical problem (joints, illness, seizures etc) you should inform the instructor!!
You must have a current EMAIL address filed with the admissions office.

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