

**KFIT 30.1 Course Outline as of Fall 2016****CATALOG INFORMATION**

Dept and Nbr: KFIT 30.1 Title: STABILITY BALL TRAINING

Full Title: Stability Ball Training

Last Reviewed: 5/11/2020

| Units   |      | Course Hours per Week |      | Nbr of Weeks | Course Hours Total |       |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 1.50 | Lecture Scheduled     | 0    | 17.5         | Lecture Scheduled  | 0     |
| Minimum | 1.50 | Lab Scheduled         | 3.00 | 6            | Lab Scheduled      | 52.50 |
|         |      | Contact DHR           | 0    |              | Contact DHR        | 0     |
|         |      | Contact Total         | 3.00 |              | Contact Total      | 52.50 |
|         |      | Non-contact DHR       | 0    |              | Non-contact DHR    | 0     |

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

The focus of this course is core training exercise using a stability ball. Stability ball training emphasizes balance, proprioception, stability, and muscular endurance. Class may also include cardiovascular conditioning and flexibility training.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: The focus of this course is core training exercise using a stability ball. Stability ball training emphasizes balance, proprioception, stability, and muscular endurance. Class may also include cardiovascular conditioning and flexibility training. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

|                   |                      |            |           |
|-------------------|----------------------|------------|-----------|
| <b>AS Degree:</b> | <b>Area</b>          | Effective: | Inactive: |
| <b>CSU GE:</b>    | <b>Transfer Area</b> | Effective: | Inactive: |

|               |                      |            |           |
|---------------|----------------------|------------|-----------|
| <b>IGETC:</b> | <b>Transfer Area</b> | Effective: | Inactive: |
|---------------|----------------------|------------|-----------|

|                      |              |            |           |           |
|----------------------|--------------|------------|-----------|-----------|
| <b>CSU Transfer:</b> | Transferable | Effective: | Fall 2013 | Inactive: |
|----------------------|--------------|------------|-----------|-----------|

|                     |              |            |           |           |
|---------------------|--------------|------------|-----------|-----------|
| <b>UC Transfer:</b> | Transferable | Effective: | Fall 2013 | Inactive: |
|---------------------|--------------|------------|-----------|-----------|

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Apply basic concepts of stability ball training to a total body fitness plan.
2. Create and perform a stability ball training workout using proper form and technique.

### **Objectives:**

1. Explain concepts of stability ball training.
2. Describe core strength and the importance to total body fitness, functional capability, and proper posture.
3. Discuss balance and coordination concepts related to stability ball training.
4. Review the principles of fitness in relation to stability ball training.
5. Demonstrate proper stretching with stability ball.
6. Perform a stability ball training workout with proper form and technique.
7. Create a stability ball training workout.
8. Identify modifications, regressions, and progressions for current ability for stability ball exercises.

### **Topics and Scope:**

- I. Concepts of stability ball training
  - A. Neuromuscular facilitation
  - B. Proprioception
  - C. Balance
  - D. Muscular endurance
  - E. Application to functional capabilities, posture, and sport performance
- II. Core strength and stability
  - A. Shoulder stabilization
  - B. Hip stabilization
  - C. Core stabilization
  - D. Proper stability ball alignment

- E. Spinal stability
- F. Posture
- III. Balance and coordination
  - A. Full body proprioception and awareness
  - B. Balance
- IV. Physical Fitness Principles
  - A. Muscular strength
  - B. Muscular endurance
  - C. Flexibility
  - D. Body Composition
- V. Stretching
  - A. Static
  - B. Dynamic
  - C. Functional
- VI. Stability ball workout
  - A. Form
  - B. Technique
  - C. Program design
  - D. Modifications, regressions, and progressions of stability ball exercises
- VII. Stability ball exercises based on muscle group
  - A. Arms
  - B. Back
  - C. Chest
  - D. Legs
  - E. Core
- VIII. Stability ball progressio
  - A. Base of support
  - B. Length of lever
  - C. Increase range of motion
  - D. Speed of movement
  - E. Additional resistance
  - F. Eyes closed

**Assignment:**

1. Fitness assessment such as pre and post-testing
2. Cardiorespiratory conditioning, muscular strength and endurance, and/or flexibility exercises
3. Exercise 1 hour per week per unit in addition to regularly scheduled class meetings
4. 1-3 Objective quizzes, midterms and/or final exams
5. Weekly Journals
6. Exercise heart rate calculation
7. Performance exams
8. Fitness goals

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

|   |                                  |
|---|----------------------------------|
| Journals  | Writing<br>0 - 10%               |
| <b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills. |                                  |
| Pre-fitness or Post-fitness Testing, Target Heart Rate  | Problem solving<br>0 - 10%       |
| <b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.              |                                  |
| Performance exams   | Skill Demonstrations<br>10 - 30% |
| <b>Exams:</b> All forms of formal testing, other than skill performance exams.  |                                  |
| Quizzes and Exams   | Exams<br>10 - 30%                |
| <b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.  |                                  |
| Attendance and Participation  | Other Category<br>40 - 60%       |

### **Representative Textbooks and Materials:**

Stability Ball Training, 2nd Edition. Goldenberg and Twist. Human Kinetics, 2007.