

LLS40 : Balance and Mobility

General Information

Author:	<ul style="list-style-type: none">Maria Czech
Course Code (CB01) :	LLS40
Course Title (CB02) :	Balance and Mobility
Department:	LLS
Proposal Start:	Summer 2025
TOP Code (CB03) :	(0835.10) Physical Fitness and Body Movement
CIP Code:	(51.0001) Health and Wellness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000329266
Curriculum Committee Approval Date:	11/27/2024
Board of Trustees Approval Date:	01/21/2025
Last Cyclical Review Date:	11/27/2024
Course Description and Course Note:	LLS 40 helps older students maintain independence in daily activity through a safe and appropriate functional movement, balance and mobility training program. Students will explore the physical and mental changes that occur with the aging process. Laboratory 48-120 hours. Note: This is a course designed for the older adult. Note: This course is Pass/No Pass only.
Justification:	New Course
Academic Career:	<ul style="list-style-type: none">Noncredit
Mode of Delivery:	<ul style="list-style-type: none">To-Be-Announced (TBA)
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Physical Education
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Pass / No-Pass Only

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Not transferable

Transferability Status

Not transferable

Units and Hours: Minimum

Summary

Minimum Credit Units (CB07)	0
Maximum Credit Units (CB06)	0
Total Course In-Class (Contact) Hours	48 - 120
Total Course Out-of-Class Hours	0 - 0
Total Student Learning Hours	48 - 120

Credit / Non-Credit Options

Course Type (CB04)

Non-Credit

Noncredit Course Category (CB22)

Courses for Older Adults.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Non-Enhanced Funding.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	48 - 120	0

Course Student Hours

Course Duration (Weeks)	16
Hours per unit divisor	54
Course In-Class (Contact) Hours	

Studio Hours	0	0	Lecture	0
			Laboratory	120
			Studio	0
			Total	120
Course Out-of-Class Hours				
			Lecture	0
			Laboratory	0
			Studio	0
			Total	0

Time Commitment Notes for Students

No Value

Faculty Load	
Extra Duties: 0	Faculty Load: 0

Units and Hours: Maximum - Weekly Specialty Hours				
Activity Name	Type	In Class	Out of Class	
No Value	No Value	No Value	No Value	

Units and Hours: Profile Name	
Summary	
Minimum Credit Units (CB07)	0
Maximum Credit Units (CB06)	0
Total Course In-Class (Contact) Hours	0
Total Course Out-of-Class Hours	0
Total Student Learning Hours	0
Faculty Load	0

Detail			
Weekly Student Hours		Course Student Hours	
In Class	Out of Class	Course Duration (Weeks)	
			18

Lecture Hours	0	0	Hours per unit divisor	54
Laboratory Hours	0	0	Course In-Class (Contact) Hours	
Studio Hours	0	0	Lecture	0
			Laboratory	0
			Studio	0
			Total	0
			Course Out-of-Class Hours	
			Lecture	0
			Laboratory	0
			Studio	0
			Total	0

Time Commitment Notes for Students

No Value

Faculty Load

Extra Duties: 0

Faculty Load: 0

Units and Hours: Profile Name - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
Follow instructions and directions given by the teacher.	No Value

Course Limitations

Cross Listed or Equivalent Course	Description
-----------------------------------	-------------

No value

No value

Specifications

Methods of Instruction

Methods of Instruction

Lecture

Methods of Instruction

Demonstrations

Methods of Instruction

Discussion

Methods of Instruction

Other

Out of Class Assignments

None

Methods of Evaluation

Activity (answering journal prompt, group activity)

Exam/Quiz/Test

Evaluation

Rationale

Visual appraisal by instructor of student's participation and improvements in that student's health and fitness.

Individual physical fitness testing and retesting

Discussion assessment/check-off list.

Textbook Rationale

No Value

Textbooks

Author

Title

Publisher

Date

ISBN

No Value

No Value

No Value

No Value

No Value

Other Instructional Materials (i.e. OER, handouts)

Description

Handouts including instructor-generated information and related articles/excerpts from books with copyright permission.

Author	No value
Citation	No value
Online Resource(s)	No value

Learning Outcomes

Course Objectives

Describe what a functional fitness exercise program includes.

Demonstrate proper technique and body mechanics of each exercise.

Demonstrate improved total body strength, balance and mobility.

Recognize the benefits of lifelong participation in a fitness program.

SLOs

Identify and explain how the various components of the class contribute to their general health and wellness. Expected Outcome Performance: 70.0

Demonstrate the proper technique and form of the exercises required for the class. Expected Outcome Performance: 70.0

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

No value

Laboratory/Studio Content

Functional fitness exercise program (24-60 hours)

- Discussion of and accommodations for students' diverse and/ or remaining abilities
- Functional strength training exercises with adaptations as needed
 - Squats
 - Lunges
 - Step-ups
 - Hinge/bend movements
 - Push-ups
 - Pulling and grip
 - Core exercises
- Flexibility exercises
- Cardiovascular endurance exercises
- Balance, coordination and mobility exercises
- Fall-prevention strategies

Proper technique and body mechanics of each exercise (8-20 hours)

- Posture
- Joint range of motion
- Breathing technique
- Balance and coordination

Assessment of body strength, balance and mobility (8-20 hours)

- Participation and performance
- Pre- and post-activity measurements
- Self evaluation

Benefits of lifelong participation in functional fitness program (8-20 hours)

- Improved functional movement and mobility
- Decrease in depression, anxiety and stress
- Increase in energy
- Improved self image, body image and confidence
- Improved mental acuity
- Improved sense of well being

Total Hours: 48-120

Additional Information

Repeatability

Repeatable

Justification (if repeatable was chosen above)

Non-credit courses

Is it possible this course will have a material fee?

No Value

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No Value

What term(s) will this course be offered?

No Value

Will any additional resources be needed for this course? (Click all that apply)

No Value

If additional resources are needed, add a brief description and cost in the box provided.

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Shelley Aronoff (ESL-Noncredit, Noncredit Business & Life Skills)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value