



Community Education

Fall 2023

Stretches: Back and Core

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Course Description:

Learn stretches for tight muscles of your spine and ribs; movements to improve your range of motion in your upper and lower back; and explore exercises to strengthen your core muscles to maintain posture

Learning Outcomes: *As a result of taking this course, students will:*

Outcome #1: learn a variety of breathing techniques to awaken, stabilize, and relax your energy/ nervous system.

Outcome #2: We will Demonstrate stretches to improve spine health and mobility

Outcome #3: learn exercises to engage the multiple muscles of the core which helps reduce strain on the back/Spine

Course Schedule:

Joint circles

Breathing techniques

Static and active stretching

Core and corrective exercises

Selected Bibliography/Resources:

Below you will find recommended references and online links to give you more information about the topics of this course. If you have a special interest on a topic we discuss, please ask me for further references.

3 main breathing techniques <https://www.yogabody.com/water-whiskey-coffee/#cof>

Joint circles (Controlled Articular Rotations -CARs) look up on YouTube for examples
<https://www.physioing.com.au/blog/controlled-articular-rotations>

Kneesovertoesguy on YouTube: highly recommend great exercises to improve your fitness

Class Evaluation: Class evaluations are sent by email. Sometimes the email will be delivered to your “junk mail,” but we can assure you it’s from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation, please email Continuingeducation@clark.edu or call 360.992.2939.

Inclement Weather:

If the College cancels due to icy conditions you can find this on the college website www.clark.edu ~ If Community Education concludes that the weather is too hazardous we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

Looking for classes? Visit our Community Education webpage: www.clark.edu/cce/