

ARIZONA WESTERN COLLEGE
SYLLABUS

AHE 144 ACTIVE ISOLATED STRETCHING

Credit Hours: 2 Lec 2 Lab .5COURSE DESCRIPTION

The Mattes Method centers on physiological principles of specific muscle lengthening, increased circulation and oxygen to the tissues, lengthening of the superficial and deep fascia.

1. COURSE GOAL

Learn specific stretching and strengthening exercises. Improve personal health and the wellbeing of your patients/clients. Understand how to perform the techniques and how they feel to others.

2. OUTCOMES

Upon satisfactory completion of this course, the student will be able to:

- 2.1 safely lengthen muscles and fascia simultaneously maintaining a physiologically based agonist-antagonist relationship
- 2.2 demonstrate detailed approaches to each muscle surrounding a joint,
- 2.3 discuss various indications and contraindications related to diseases, injuries, joint replacements, osteoporosis and aging factors
- 2.4 demonstrate carpal tunnel, thoracic outlet, tendonitis, arthritis, fibromyalgia, back problems, neuropathy and various sports medicine considerations

3. METHODS OF INSTRUCTION

- 3.1 Lecture
- 3.2 Multi-media presentations
- 3.3 Group discussions

4. LEARNING ACTIVITIES

- 4.1 Group discussions
- 4.2 Written and reading assignments
- 4.3 Oral presentations
- 4.4 Classroom demonstrations

5. EVALUATION

- 5.1 Class participation
- 5.2 Homework assignments
- 5.3 Quizzes
- 5.4 Final exam

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the

student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.

- 6.3 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.4 Academic Integrity: Any student participating in acts of academic dishonesty—including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.5 Texts and Notebooks: Students are required to obtain the class materials for the course.