

VIKI SOH – Kinesiological Stretching OUTLINE (HRD Corp Course Claimable)

Course Name :

Total Body Flexibility - A Kinesiological Stretching Essential

Duration: (0.5 day)

Required Participants: 5 pax

Course Overview

This suggested outline aims to balance theoretical understanding with practical application.

The hands-on practice sessions are crucial for participants to gain confidence and proficiency in applying kinesiological stretching techniques and to retain client or individual health.

Course Highlight:

- 1) 4 Stretching Movement – Neck & Hamstrings Stretching with yoga strap, Shoulders, Torso, Psoas & Achilles tendon
- 2) Perform Full Stretching routines, good for warm up and warm down session

Target audience:

Those who can benefit a diverse range of individuals, including

- 1) Fitness Enthusiasts
- 2) Athletes
- 3) Health & wellness professionals
- 4) Rehabilitation patients
- 5) Office workers
- 6) Older adults
- 7) Yoga & pilates practitioners
- 8) Anyone interested in wellness

Learning Outcome:

- 1) Participants will learn how to integrate PNF stretching into their daily routines, whether they are athletes, office workers, or individuals seeking to maintain general well-being.
- 2) Participants will understand how to adapt PNF stretching techniques to their individual needs and fitness levels, ensuring inclusivity and safety.

PNF Stretching Workshop Schedule:

9:00 am - 9:15 am: Registration and Welcome

- Welcome participants and provide an overview of the workshop.
- Explain the importance of PNF stretching and its benefits.

9:15 am - 9:30 am: Introduction to PNF Stretching

- Briefly introduce the concept of Proprioceptive Neuromuscular Facilitation.
- Discuss the principles behind PNF stretching and its effectiveness.

9:30 am - 10:00 am: Warm-up Session

- Lead participants through a dynamic warm-up to prepare the body for stretching.
- Emphasize the importance of proper warm-up in preventing injuries.

10:00 am - 10:45 am: Hamstring PNF Stretching

- Demonstrate and guide participants through PNF stretching techniques for the hamstrings (in sitting position & lying down position).
- Discuss the anatomy of the hamstrings and the correct form for stretching (with the breathing techniques).

10:45 am - 11:00 am: Break and Refreshments

11:00 am - 11:45 am: Psoas PNF Stretching

- Focus on PNF stretching exercises for the psoas muscles.
- Provide modifications for participants with different levels of flexibility.

11:45 am - 12:30 pm: Achilles Tendon PNF Stretching

- Teach PNF stretching techniques specifically targeting the Achilles tendon and calf muscles.
- Discuss common issues related to the Achilles tendon and how PNF stretching can help.

12:30 pm - 1:15 pm: Shoulder PNF Stretching

- Guide participants through PNF stretching exercises for the shoulders and surrounding muscles.
- Emphasize proper alignment and the importance of gradual progression.
- With yoga strap

1:15 pm - 1:30 pm:

- Perform a full stretching routine
- Q&A and Closing