

KSS 1547 - Flexibility and Core Training

Fall 2026 Syllabus, Section 01, CRN 42530,

Credit hours: 1

Instructor

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Public Instructor Information

Instructor Title: Part-time Faculty

Instructor Professional Qualifications:BS Exercise Science

Instructor Office Location: 307A Beeghly Center

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Course Description

1547. Flexibility and Core Training. When performed properly, flexibility can reduce injuries, help recover from injuries, correct muscle imbalances, and recover from exercise. Stretching has also been shown to promote relaxation and stress reduction. This course will cover flexibility utilizing flexbands. In addition, core work and light resistance training will be explored. 1 s.h.

Course Readings

Group	Title	Author	ISBN
No Readings			

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Week of	Proposed Topic	Due/To Prepare for Class
8/24	Syllabus and mat handout/Stretch lecture	
8/31	Lower body stretches/low back	
9/7	Core workouts/Flex lecture	
9/14	Upper Body Stretches/Ab muscle lecture	
9/21	Pilates workouts	
9/28	Stability Balls/ clock circuit	
10/5	Floor workouts	
10/12	Floor workouts	
10/19	floor workouts	
10/26	Presentation topic due/ workouts	
11/2	workout/ clock circuit	
11/9	Student presentations	
11/16	Student presentations	
11/23	Workout : All Extra credit due TH- No class	
11/30	Workout/ Pilates clock circuit	
12/7	Finals week No class	

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.