

PE06 - Beginning & Intermediate Core Training

Class Syllabus

Instructor: Sandra Marbut
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Office Hours: By Appointment
Class Hours: Fall Term 2011 – Monday and Wednesday 2:00pm-2:45pm

This class is designed for students to learn to develop functional fitness using core stability training techniques that focus on working the deep muscles of the entire torso at once. The course is taught using stability balls and full body exercises. The class will start at a beginning level and progress using incremental increases on a weekly basis to ease students into a more aggressive workout.

We will workout as a group for up to 45 minutes each session. Early term sessions will be shorter, and due to the progressive nature of the instruction, each class session can be longer than the previous session. Each student is expected to perform one workout per week on his/her own on either Saturday or Sunday, however at least one day off is the recommended to provide adequate rest and recovery. Each student is expected to participate in all exercises, however, if you are having a tough time, or missed classes, you can certainly reduce the number of repetitions until you are back on more firm footing and are caught up.

Goals of the class:

1. Provide each student with the instruction in proper technique to participate in core training without injury
2. Assist each student with an understanding of how to create a workout for themselves
3. Create a class environment that gives students confidence with their workout
4. Promote life long fitness and a desire to continue workouts beyond the scope of the class.
5. Assist student's who may have previously been unsure of how to work out, or were intimidated by the concept, feel confident and comfortable in the fitness facility.

Grading Policy:

This is a pass/fail class. To receive a passing grade, students must:

1. Perform a minimum of 27 work outs over the course of the term
2. Meet attendance requirements as outlined on this syllabus
3. Pass midterm examination
4. Submit their final project meeting all criteria listed on the assignment worksheet

Failure to submit 27 workouts, midterm examination, or a final project will make passing the class improbable.

Attendance:

Attendance is required to receive a passing grade. This is a three (3) credit class, requiring three workouts per week. A passing grade requires 27 completed workouts by December 9th.

If you need to miss class, you can do a make up workout to replace the miss, but it is up to you to follow the instructions provided to get make up credit for the class. A maximum of five make up classes are allowed. If you will be absent for three or more consecutive classes, you must contact the instructor to review what you have missed so that you can return to class and the workout routine safely. You may not use the make up system as a substitute for coming to class. If you are absent more than three consecutive classes, have had no contact with the instructor, and have not provided written account of why you were not in class, you will fail to meet the class requirements, which could result in a failing grade. In other words, you cannot decide to workout on your own and stop coming to class.

Please make every effort to be on time. If you are late, you are expected to jump in with whatever exercise we are on and then at the conclusion of the group workout, come and get the workout and finish what you missed before you arrived. If there are only two students at 2:10pm class may be cancelled and everyone will need to make up that class on their own.

Number of Workouts Required:

Each week three workouts are required to pass this class. You will need to do your two workouts during class time and come in for a third workout on your own time. To pass this class you must have 27 workouts on your workout card. Your workout cards have been modified to provide you with a way to document your third workout each week. At the top of the card you will find space for the time you arrived, the time you departed, and a space for the front desk staff to initial when you came in and when you left. You will only get credit for the day if both Time In and Time Out are initialed.

Make Up Workout:

You may come in on your own time to make up a workout. To do that, have the front desk or another athletic staff member initial your workout card under the time you came in and the time you left. You are responsible to keep your card up to date. You are allowed to make up a maximum of five classes over the course of the term. Please note that you will not be able to make up a class missed because of residual soreness you sustained while doing other non-school activities. For instance, if you are sore because you went skiing, it is an optional activities and not a good reason to miss class. These absences cannot be made up. If you sustained an injury that was treated by a physician or the health center and is documented, I will accept a make ups in excess of the allowed five and work with you on a situational basis on an extension and catching up. If you are absent from class for an injury or sickness, you will be asked to see the athletic trainer before returning to class to assess what you are able to do.

Equipment

For this class, we will need a stability ball, blue mat, and towel for each session. Towels can be found at the front desk of Braun, and the ball and blue mats in the Multi Purpose Room.

Reasonable Effort:

You need to make reasonable effort during class. This is obviously different from person to person. A safe guide is being willing to try and participate in class. Reasonable effort also means finishing the workout within 30-45 minutes. We will not use more than 30-45 minutes, so you can always use that as a gauge of reasonable effort. Wasting time to avoid your workout isn't making a reasonable effort. If you consistently waste time and are in my opinion not making reasonable effort during the class, I will have no choice but to fail you for the term. If you are in danger of not passing the class because of reasonable effort, I will let you know so you have a chance to make corrections to your approach.

Proper clothing

You need to wear gym shorts (no jeans!) and a T-Shirt, both loose enough to allow you to move around in them. The proper clothing must be worn or you will not be allowed to workout. You need to wear socks and athletic purpose sneakers. It will be easier for you if you have gym shoes that you do not wear outside. The dust on the bottom of shoes worn outside will hamper your use of the stability balls. No hard sole shoes or bare feet are allowed.

Midterm Examination

A midterm examination will be given in class on Wednesday, October 26th in class.

Final Project

After week 8 each student must submit an instructional video highlighting the specific exercises the student would include in their own workout. The student must perform the exercise as well as highlight the points of emphasis and number of repetitions the student would use in an average workout. The project must be submitted no later than December 9th at Noon. Any project submit without meeting the following specifics will not be accepted.

Specifics:

1. Video must be a minimum of 10 minutes, highlighting 10 exercises and at least 1:00 of footage on each exercise
2. No maximum time restrictions
3. Other students may be used during the points of emphasis, however the student must perform the exercise for at least 3 reps to show mastery and understanding of the exercise
4. Exercise breakdown as follows:
 - a. Three exercises focused on abdominals
 - b. Two on upper body
 - c. Two on lower body
 - d. Three of the student's choice
5. Five summary points should be included in the content. These points can be tips that you have learned in class, reminders for proper technique, or things to avoid. Think of this as a helpful hints, or areas of extra emphasis.
6. At least a 1:00 segment dedicated to what the student has learned or gained as a result of exposure to core training must be included at the end of the video. This is a great place to inspire others to take up core training.
7. The completed project must be submitted on DVD in a format viewable using a DVD player

If the student does not have access to a video camera, APER equipment may be checked out by appointment with the instructor and returned in the same condition it was checked out in. A student damaging the camera is responsible to have the camera fixed/replaced.

