

PE06 - Beginning & Intermediate Core Training

Class Syllabus

Instructor: Sandra Marbut
Office: Athletic Offices in Braun
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Office Hours: By Appointment
Class Hours: Spring Term – Tuesday and Thursday 3-3:55pm

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 approximately 30 minutes each session. 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.

Grading Policy:

Since this is a Pass/Fail class, grading is based on two things – attendance and reasonable effort during the class. See below for specifics. If you signed up for credit, you will be graded!

Attendance:

You need to attend class to pass. If you signed up for the class for credit, you must attend or you will fail the class. You may miss three classes and still qualify to pass the class. 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. 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 less than three students at 3:10pm class will be cancelled and everyone will need to make up that class on their own. Those who do attend will have the choice of an individual workout at the time, or making the class up at a later time.

Make Up Workout:

You may come in on your own time to make up a workout provided that you are able to prove you were here. There are two ways to prove you were here – 1) Stop by during my office to let me know you are here, utilize the space outside the athletic offices for your workout and then let me know when you leave, or 2) have someone at the front desk or in the athletic offices sign you in and out. To do that, simply write me a note that you were here to do a make up workout and have the front desk or another athletic staff member initial the time you came in and the time you left. You are responsible to get that slip of paper to me. You may hand them to me, or leave them in my mailbox in the Athletic Offices. Do not rely on the desk staff to deliver the slips to me. 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, although I understand you need to have recreation, it is also an optional activities and not a good reason to be missing 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 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. Graduate school interviews are not an excused absence. If you are gone for this, you can absolutely make up the class, but you are still responsible for that make up just like any other missed class.

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. On Tuesdays, we meet in the MPR. On Thursdays we will meet in Braun Gym. On Thursday when we meet in Braun you will need to go to the MPR and get a ball. A yoga class will be using the MPR so please make every effort to be quiet. When balls are returned, please take them back one student at a time so as to provide the smallest possible interruption for the Yoga class.

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. 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 don't 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.

Individual Workouts

At times, I will have conflicts with our class time because of my other responsibilities on campus. Rather than cancel class, I will be sure that the front desk in Braun has a workout which each of you can come in and perform on your own. Normally, we will work together as a class, but on individual workout days, you may come in, go through your workout and leave when you have completed it. I will do my best to inform you of these days ahead of time, but if it cannot be avoided, I will be sure the front desk knows and is ready for you. If you don't see anyone for class, please be sure to check at the front desk for a workout and sign in sheet. You will have to sign in and out to receive credit for attendance on those days. Every effort will be made to keep these days to a minimum.