

# North Central Michigan College

NCMC MASTER COURSE SYLLABUS

Last Date Revised 12/1/2008

**DIVISION/AREA:**

**DEPARTMENT: PE**

**ASSOCIATE DEAN: Robert Marsh**

**ORIGINATOR: Maggie Daniels**

**DEAN OF INSTRUCTION: Tim Dykstra**

**HOURS OF INSTRUCTION:**

Credit hours: 1  
Lecture: 0  
Lab: 2  
Contact hours: 35.2

**COURSE TITLE: Core Conditioning**

**COURSE ALPHA: PE COURSE NUMBER: 132**

**CATALOG DESCRIPTION:**

Engages students in the conditioning of core muscles and enhance ability in any sport, and functional ability in any activity. Students use body weight, stability balls, floor, dumbbells, balance boards and rubber resistance in standing, sitting, squatting, walking, supine and prone positions.

**PREREQUISITE(S): none**

**COREQUISITE(S):**

**GENERAL EDUCATION DISTRIBUTION AREA:  
(example: Social Science Group B)**

**GENERAL EDUCATION/PROGRAM OUTCOMES:**

**COURSE OBJECTIVES AND OUTCOMES:**

To understand the importance of core strengthening exercises.  
To improve the level of core strength.  
To recognize the muscles of the core.  
To recognize the importance of the relationship between lifetime activity and quality of life.  
To discuss modifications for prevention of discomfort and injuries.  
To improve quality of life as evidenced by greater endurance and strength in activities of daily living as well as individual sports and /or sports hobbies; less injury and more fun

*Master Course Syllabus: PE 132 Core Conditioning*

**METHODS OF INSTRUCTION:** Short lecture, visual aids, demonstration, student activity.

**METHODS OF EVALUATION:** Attendance, participation, attitude and end of semester written test.

**REQUIRED TEXT AT TIME OF COURSE ADOPTION/REVISION:**

TEXTS:

OPTIONAL SUPPLEMENTARY MATERIALS: Pictures, instructions, definitions, copied by instructor.

**Reasonable accommodations can be provided for students with documented disabilities. Please contact Learning Support Services for assistance: 231/348-6817.**

**SUGGESTED TIME ALLOWANCE AND SEQUENCE OF INSTRUCTION:**

*(List general content description of what is being covered each week)*

WEEK 1	Intro to core muscles and their functions
WEEK 2	Dynamic warm-up; beginning exercises. Introduction to Bosu; Ballast ball; Stability ball; Resistance tubing. Post session stretching.
WEEK 3	Dynamic warm-up; beginning exercises continue/Stretching
WEEK 4	View short videos showing various exercises with various equipment
WEEK 5	Circuit of previously learned exercises with 30 second intervals/stretching
WEEK 6	Continuation of circuit activity; introduction of new exercises/stretching
WEEK 7	Required paragraph detailing three positive changes in daily activities Addition of higher resistance in circuit activities
WEEK 8	Students design their own circuit. Begin 60 second intervals.
WEEK 9	Intro to TRX training system
WEEK 10	Continuation of TRX training system
WEEK 11	Introduction to “functional resistance training” in Fitness Room B
WEEK 12	Circuit with all equipment introduced previously
WEEK 13	Circuit with all equipment continued; demonstration of ADL’s (Activities of Daily Living) requiring a strong core to prevent injury, Including lifting, carrying, placing.
WEEK 14	Advanced circuit activities/stretching
WEEK 15	Advanced circuit activities/stretching
WEEK 16	Test/ evaluations/ discussion

APPROVED FOR ADOPTION/REVISION BY THE CRD/AP COMMITTEE ON   1/14/09