BARTON COMMUNITY COLLEGE

**COURSE SYLLABUS**

# GENERAL COURSE INFORMATION

Course Number: PHED 1328

Course Title: Abdominal Core Fitness

Credit Hours: 1

Prerequisite: None

Division/Discipline: Academics Division/PHED

Course Description: Core class is an athletic workout using the principles of sports stretch, strength training, conditioning and dynamic movement, combined with light hand weights. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels of participants. Core class will increase the participant’s strength, flexibility, and balance and improve one’s overall fitness level.

# CLASSROOM POLICY

Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

The College reserves the right to suspend a student for conduct that is detrimental to the College's educational endeavors as outlined in the College catalog.

Plagiarism on any academic endeavors at Barton Community College will not be tolerated. Learn the rules of, and avoid instances of, intentional or unintentional plagiarism.

Anyone seeking an accommodation under provisions of the Americans with Disabilities Act should notify Student Support Services.

# COURSE AS VIEWED IN THE TOTAL CURRICULUM

Core class is an approved general education course at BCC, which can be used to fulfill one of the degree requirements for two activity courses.

The transferability of all college courses will vary among institutions, and perhaps even among departments, colleges, or programs within an institution. Institutional requirements may also change without prior notification. Students are responsible to obtain relevant information from intended transfer institutions to insure that the courses the student enrolls in are the most appropriate set of courses for the transfer program.

# ASSESSMENT OF STUDENT LEARNING

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Upon completion of this course students should expect:

1. Improved physical fitness level.
2. Increased flexibility and strength
3. Increased balance and posture
4. Improved cardiovascular fitness
5. Learn basic Pilates moves and exercises
6. Demonstrate mind and body connection incorporating breathing with movements
7. Improve the overall flexibility and build a foundation of properly aligning the body with Pilates Alignment Principles
8. Experience better overall coordination of arm and leg movements while moving them simultaneously

# INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS

# TEXTBOOKS AND OTHER REQUIRED MATERIALS

# REFERENCES

# METHODS OF INSTRUCTION AND EVALUATION

# ATTENDANCE REQUIREMENTS

# COURSE OUTLINE