

CED2427 Body Core

INSTRUCTIONAL HOURS: 8
RECOMMENDED PRE-REQUISITE(S): N/A
CO-REQUISITES: N/A
APPROVED FOR USE IN ACADEMIC SEMESTERS:
2013-2014

COURSE DESCRIPTION:

Combine pilates and yoga inspired exercises into a class designed to tone the deeper core abdominal muscles while building flexibility, balance and inner awareness. All levels are welcome.

RATIONALE:

To get fit!

COURSE DELIVERY:

The course content will be presented through a blend of instructional methods which may include lecture, discussion, and hands-on activities.

LEARNING OBJECTIVES/OUTCOMES:

Upon successful completion of this course, the student will be able to:

- Perform appropriate stretches
- Perform various pilates inspired exercises
- Perform various yoga inspired exercises
- Increase flexibility
- Increase balance

TOPICS

1. Safe Exercises for Core Strength
2. Basics of Flexibility
3. Basics of Balance

REQUIRED COURSE MATERIAL: (to be purchased by the learner)

Not applicable but students are welcome to bring their own mat.

STUDENT EVALUATION

At the end of the semester, the student will receive a final report noting his/her progress in relation to the learning outcomes. The student's progress will be recorded using the following grades.

S - Satisfactory achievement in field /clinical placement or non-graded subject area.

U - Unsatisfactory achievement in field/clinical placement or non-graded subject area

Teaching Contact Laura Lougheed
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**Academic Manager
Signature** “Ted Newbery”

NOTICE TO ALL
STUDENTS:

We urge you to retain this course outline for future reference. There is a charge for additional copies.