

BERGEN COMMUNITY COLLEGE
Wellness Exercise Science Department
School of Science & Health
Departmental Policy Syllabus

COURSE TITLE:	Core Stability Ball Training
COURSE CREDITS/HOURS	2 labs; 1 credit
PREREQUISITE:	Dynamics of Health & Fitness
SEMESTER & YEAR:	Fall 2012
COURSE NUMBER:	WEX-207
MEETING TIMES & LOCATIONS:	To be announced in Gym A
INSTRUCTOR:	Prof. Danielle Coppola-Oliveri
OFFICE LOCATION:	G-211
PHONE:	201-493-3660
DEPARTMENTAL SECRETARY:	Betty Highkal
OFFICE HOURS:	TBD
EMAIL ADDRESS:	dcoppola@bergen.edu

COURSE DESCRIPTION:

Stability ball training is a course designed to strengthen the core musculature of the body. Students will strengthen abdominal and low back core musculature, improve posture and balance, enhance flexibility, and decrease occurrence of injury and low back pain. This course will also implement resistance training with the use of free weights and the stability balls to improve upper and lower body strength. The use of specific core and balance equipment will be a focus of this experience.

OUTCOMES STATEMENT

The student will demonstrate the ability to perform exercises which strengthen the core, low back, abdominal muscles and improve posture, balance and flexibility through the use of specific equipment.

STUDENT LEARNING OBJECTIVES

- A. Investigate the theory of core stability and training.
- B. Implement techniques for abdominal and back exercises.
- C. Examine postural awareness and balance.
- D. Analyze proper progression and adaptations of stability ball training.
- E. Explore the use of free weight exercise with the stability ball.
- F. Implement proper stretching techniques with the use of the stability ball.

ASSESSMENT CRITERIA

- A. To demonstrate proper core technique in selected exercises.
- B. To demonstrate proper free weight lifting techniques with the use of stability ball
- C. To demonstrate stability ball use for strengthening the abdominal and back musculature.
- D. To record the progression of training through daily logs
- E. To list and describe in writing the theory and principle of all stability ball exercises and training

- F. To demonstrate stability ball use for stretching and enhancing posture and balance.

CONTENT OUTLINE

- A. Course Orientation
1. Requirements
 - a. appropriate training attire
 - b. attendance policy
 - c. grading policy
 2. Facilities available – availability of facilities is based on each semesters scheduling needs. This course will use the gymnasium and the fitness center when and if available.
 3. Resources
 - a. Computer center
 - b. Sidney Silverman library
 4. Procedures and methods
 - a. Daily presentation and discussion
 - b. Participation in cardiorespiratory training
 - c. Use of a training log and self-assessments to chart individual performance and progress
 - d. Back and abdominal strengthening programs
 - e. How to increase musculoskeletal strength using the body weight as resistance.
 - f. Dietary considerations
 5. Methods of evaluation – explanation of testing methods and reading assignments, performance expectations and grading procedures.
 6. Overview of athletic and departmental offerings
- B. Preparation for Training
1. How to select the appropriate stability ball equipment.
 2. Proper attire and footwear.
- C. Flexibility Training
1. Explanation and participation in various flexibility methods such as static stretching, PNF and active assisted stretching.
 2. Explanation and use of techniques with time specific dependencies relative to training preparation or flexibility increases.
- E. Abdominal and low-back conditioning
1. Performance of exercises designed to target specific portions of the abdomen and low-back.
 2. Explanation and implementation of sequence relative to abdominal training programs
- F. Musculoskeletal Endurance and Strength Training
1. Explanation and participation in exercises that require the use of free weights and stability ball training for upper and lower body strength.
 2. Using the principle of eccentric training in relation to body weight as the resistance modality.

WRITING REQUIREMENTS

Students will be assigned well-designed out of class writing project(s) during the course of the semester (journals, research papers, book reviews, etc.). The number of assignments and their content will be exclusive of writing (essay) required on examinations.

GRADING POLICY

The final grade for the course is based on the student's performance on the required work for the course (attendance, participation, writing assignments, testing.) and on his or her mastery of the material covered in each course. A student's participation may also be evaluated and used in the determination of a final grade.

ATTENDANCE POLICY

Students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of the course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

RULES & REGULATIONS

At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures essential to student life on campus. Every student is responsible to be aware of information included in the catalog and student handbook regarding conduct, academic integrity, appropriate use of technology, etc.

STUDENT FACILITIES

Students are referred to the College Catalog which contains a complete listing and description of available facilities and services including but not limited to: the Silverman Library, Office of Specialized Services, Bookstore, Computer Graphics lab, Tutoring Center, Athletic and Exercise facilities, etc.

TEXTBOOK: NONE

SUPPLEMENTARY READINGS: NONE

PROPOSED COURSE OUTLINE

Readings Appropriate
selections pertaining to class
activity

- | | |
|---|---|
| A | Orientation and procedures; requirements
Grading; Introduction to equipment |
| B | Introduction of exercise with emphasis of stretching,
abdominal, back, posture and balance |
| C | Stability ball – Level I including 3-4 point stance
exercise for abdominal, core, back, and posture. |
| D | Resistance training with free weight equipment and
stability balls. Progression of exercises with
emphasis of exercise variables of sets/reps/intensity |
| E | Stability Ball Level II including 1-2 point stance
exercise for abdominal, core, back, and posture |
| F | Stability Ball Level III including 0-1 point stance
exercise for abdominal, core, back, and posture |

Application of stretching to increase flexibility with the use of the stability ball

GRADING PROCEDURES:

Grading Procedures:

I. Attendance (60 points)

- a. Full class attendance is granted to those who come on time and stay the complete duration of class
- b. Each student is allowed 1 unexcused absence the entire semester. Any absence after the 1 allowed counts as 5-points. For example: 3 absences will start the attendance grade at a 50 (1 allowed then 2 counting at 5 points each)
- c. 2 excusable absences are allowed with valid proper documentation such as:
 - i. Illness -providing a physician's note
 - ii. Death in the family
 - iii. Car accident –providing a police report
- d. Inexcusable absences are the following:
 - i. Traffic
 - ii. Ticket
 - iii. Registration
 - iv. No car
 - v. And any other not stated above!
- e. 2 late arrivals to class will equal an absence (therefore each late is equal to 2.5 points)
- f. 2 early leaves from class will equal an absence (therefore each late is equal to 2.5 points)
- g. **6 or more absences after the 1 allowed is an inexcusable FAILURE of the course.**

II. Class Make-up procedure

- a. **ONLY 2 classes are allowed to be made up IF YOU DO NOT HAVE ANY EXCUSED ABSENCES! You can not additionally make up classes if you have 2 already excused absences**
- b. Classes can not be made-up within the last 2 weeks of the semester
- c. Notifying the professor in advance is mandatory before arriving at the anticipated class
- d. A master schedule of the courses offered to allow make-up are located outside office G-201 (upstairs from the gym)
- e. More information will be discussed if necessary.

III. Testing (30 Points)

- a. A series of fitness testing will be administered throughout the semester.
- b. Each fitness testing session will count for 10 points.
- c. Day of fitness testing will be announced.
- d. Fitness sheets will be given at the beginning of the semester. These sheets must be present on testing days. 2 point deduction if the sheet is not present
- e. If a class is missed on the day of Fitness testing, the student **MUST** contact the instructor. Failure to do so will conclude is total loss of points for that testing session.

- f. If a testing day is missed without an excusable absence and contact is not made with the instructor, the result of that testing session is a “0”
- g. Arrival late to a testing day may conclude in an incomplete to the testing.

IV. Participation (10 Points)

- a. Daily participation in class
 - i. Properly dressed each day of class
 - ii. Interest and desire to participate
 - iii. Working within individual’s ability during class. Deductions will be made based on the following:
 - 1. Slacking off during class-
 - 2. Talking and walking around without participating
 - 3. Playing around and improper use of the equipment
 - iv. **2 point deduction per class for not participating by the above outline. This is determined and graded based on instructor’s observation.**
 - v. **NO points will be given for participation if a student is absent 6 or more times.**
 - vi. **It DOES NOT MATTER IF YOU ARE PARTICIPATING IN AN EXERCISE PROGRAM OR YOU ARE A PERSONAL TRAINER OUTSIDE OF THIS COURSE! YOUR GRADE WILL BE BASED ON WHAT YOU DO DURING CLASS TIME ONLY!**

V. Final Grade

- a. Total of 100 points
 - i. 90-100 points = A
 - ii. 87-89 points = B+
 - iii. 80-86 points = B
 - iv. 77-79 points = C+
 - v. 70-76 points = C
 - vi. 64-69 points = D
 - vii. >63 points = F

VI. This is an exercise course therefore you make or break your own grade! You need to be here and participate in order to do well in this course! ATTITUDE is important

Course sequence and content are subject to change without notice as emphasis on course content may vary.