1. Description
PED 202: Physical Fitness Training for the Core, 2 credits
Instructor: Andrea E. Holmes andrea.holmes@doane.edu

This course is designed to strengthen the body’s core, predominantly the back. Through course activities, students will regularly participate in activities designed to form muscle tone and strength of the entire spine. Students will learn poses to benefit the entire core, and contraindications of some exercises. Students will do low impact workout routines to meet their personal core fitness level. The course serves as a general elective.

2. Learning goals and objectives
This course is designed for beginning students who want to improve their physical health by learning exercises that focus on the entire spine. This physical fitness component will improve students’ body image, flexibility, muscle tone and strength.

Students will learn how to use these exercises on a regular basis to improve their posture and health. Students will also learn beginner tips, preparatory poses, benefits, and contraindications of some exercises.

Texts or Readings Required: several health publications

3. Learning strategies used to accomplish the objectives.
Students will begin at 9AM with a warm-up. This is followed by floor exercises that include strength and core training. Classes will have a component of stretching and balance. This course is NOT designed for dancers or athletes, but for students who want to begin a daily exercise regimen to improve the health of their core. All workouts can be modulated according to the students’ fitness level. Effort is rewarded for this course, not skill.

4. Methods for assessment of student performance
Grading System: Letter grades

<table>
<thead>
<tr>
<th>Attendance Percentage</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100%</td>
<td>A</td>
</tr>
<tr>
<td>80-89.9%</td>
<td>B</td>
</tr>
<tr>
<td>70-79.9%</td>
<td>C</td>
</tr>
<tr>
<td>60-69.9%</td>
<td>D</td>
</tr>
<tr>
<td>0-59.9%</td>
<td>F</td>
</tr>
</tbody>
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Prerequisite: None

Additional costs: Comfortable workout attire and fitness shoes

5. Course Policies
Students should attend most classes. Excused absences are permitted. Punctuality is encouraged.

Academic Integrity Policy: The Doane College Academic Integrity Policy will be adhered to in this class. All projects and tests will represent your own work. Any use of others’ ideas and words without proper citation of sources is plagiarism and will result in penalties to be determined by the instructor and/or the dean of undergraduate studies.