

BARNARD COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION

**CORE STRENGTH  
PHED 1532**

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COURSE DESCRIPTION

This course is a combination standing and mat class using various body sculpting exercises and Pilates resistance techniques. It is designed to develop a strong core (abs, back and hips) and long lean muscles with an emphasis on balance and flexibility. Weights and dynabands will be used.

COURSE OBJECTIVES Each student will:

- learn how to stretch and strengthen various muscle groups.
- learn how to stabilize certain muscle groups while effectively training others.
- learn the Pilates principles of opposition and resistance.
- explore other modes of fitness disciplines such as cardiovascular training.

COURSE REQUIREMENTS Students must:

- adhere to the attendance policies of the Physical Education department (see handout).
- be in class dressed and ready to participate on time. Attendance is taken at the start of class.
- be properly dressed in workout wear. Fitness shoes are required.
- bring a water bottle, and use the restroom before class begins.

COURSE CONTENT

- Orientation, class etiquette, requirements and expectations
- Introduction to basic movements: plies v. squats, lateral v. spiral, forward hinge v. curving of the spine
- Introduction to the use of breath to enhance efficiency of movement with core stability
- Demonstration and examination of the difference between strict Pilates and body Sculpting techniques
- Explanation of anatomy and alignment of neck, spine, shoulder girdle, pelvis, knees.
- Stretch and strengthen the front, back and side of the body while standing, side lying, prone, supine and on hands and knees
- Exploration of the initiation of movement from start to finish
- Examination of the classic sit-up and Pilates roll-up using rectus abdominals, transverse abdominals and obliques