

**Course Information**

Instructor: Mike Curran, M.A., M.T.S.  
Meeting Time: T, TH; 9:15 – 10:15  
Classroom: Building 9 / Rom 104A  
Contact Info: [mcurran@ohlone.edu](mailto:mcurran@ohlone.edu)  
Office Hours: M – F; by appointment  
Office Location: Building 9 / Room 106

Units:	1.00
Lab Hours:	3.00
Total Hours:	54.00
Degree:	Transferable (CSU, UC)

**Text Information**

No textbook is required for this course.

**Required Materials**

Required materials include: athletic wear, tennis shoes (occasional pencil and notebook).

**Catalog Description**

Guts and Butts is a conditioning program emphasizing muscular strength, toning and endurance for the abdominal, gluteal and thigh muscle groups.

**Class Schedule Description**

Abdominal, gluteal, and thigh strengthening and toning.

**Advisory**

Medical check within the last year recommended.

**Student Learning Outcomes**

1. Demonstrate proper exercise technique during abdominal, gluteal, and thigh exercises.
2. Employ proper form/alignment while utilizing weighted exercise balls and elastic bands/tubing.
3. Demonstrate proper stretching technique during warm-up and cool down.
4. Determine baseline values for abdominal and lower body strength and endurance.

**Class Outline / Objectives**

- A. Introduction to exercise and stretching techniques
- B. Introduction to the use of training tools.
  - a. Stability balls
  - b. Medicine balls
  - c. Pilates rings
  - d. Exercise tubing
  - e. Unstable surface
  - f. Step platform
- C. Introduction to stabilization
  - a. Isometric exercise
  - b. Isotonic exercise
- D. Introduction to functional fitness
- E. Circuit Training for the lower body and abdominals

### **Graded Material**

Students will be graded on the following:

Benchmark 1	25 points
Benchmark 2	25 points
Benchmark 3	25 points
Personal Plan	10 points
Final Exam	15 points

100 POINTS TOTAL

\*= point total is subject to change

### **Overall Grading**

90 (89%) – 100 points (100%)	A
80 (79%) – 89 points (89%)	B
70 (69%) – 78 points (79%)	C
60 (59%) – 68 points (69%)	D
00 (00%) – 59 points (59%)	F

### **Late Work**

There will be no late work and no make-ups on any course work, presentations, exams, etc. (except for **EXTREME** extenuating circumstances which will be left to the discretion of the course instructor). Term papers may be turned in up to 7 days after the due date, for half credit. If you are absent, YOU need to find out the make-up work or gather the class notes from another student and turn it in on the day that it is due.

### **How do I avoid late work if I'm sick?**

Any assignment that arrives 15 minutes AFTER the beginning of the class period on its due date will NOT BE ACCEPTED (e.g. if a class starts at 8:45, then it's not accepted starting at 9:01 a.m.). Thus, if you are sick, make arrangements to get it to me on the due date (send it with a friend) within 15 minutes of the class start time.

### **Attendance**

I do understand things come up. However, should you be absent more than 4 classes, you will be given an "F" for the course (thus, you will receive a failing grade on absence #5 – NO EXCEPTIONS). **You do NOT need to email me or call me as to why you missed.** Also, please remember, that if you are going to be out, you MUST still get your assigned work to me on that day within 15 minutes of the class start time. If you happen to have 5 absences before the drop date, it will be YOUR responsibility to drop yourself from the course. **The last day to drop the class without getting an "F" is (See Dates Below).** Your daily attendance is necessary for you to comprehend the material and eventually pass the course. **(NOTE: Showing up to class 15 minutes after the class start time will result in an absence).**

### **Tracking Absences**

It is up to YOU to keep track of your own attendance (i.e. your own personal absences). It is neither appropriate nor fair to other students for me to waste class time by alerting other students as to your attendance records. If in doubt, you can email me.

### **Class Conduct**

Cell phone usage (talking or texting), listening to music on headphones, discriminatory or inappropriate remarks, or disruptive behavior will not be allowed. Should any of these occur, you will be warned once. Should the behavior or infraction happen a second time (at any time the rest of the semester), you will be asked to leave class for that day. You will not be allowed to turn in any other class work from that day. Also, computers are to be used for class work, not for surfing the web.

### **Plagiarism**

Plagiarism is passing off someone else's work as your own. This has recently become a major problem among students with the increased availability of papers on the internet. This is NOT conduct that will be allowed or tolerated. Any work found to be plagiarized will result in a "0" for the assignment. This could also result in possible sanction from the school. DON'T choose the lazy, unprofessional, and unethical route. Plagiarism is a shortcut and nothing good can result from it.

### **Academic Honesty**

Ohlone College Procedure on Academic Dishonesty can be viewed at:

<http://www.ohlone.edu/org/studentservices/docs/academicdishonestyprocedure.pdf>

### **In Short**

You are here to LEARN! Additionally, you are expected to maintain professionalism and proper behavior in the classroom as to not impede the learning process of another student. I hope you enjoy your time in this class and I sincerely hope you perform to the best of your abilities. You have only ONE CHANCE at each day that you live, so live it to the best of your abilities.

### **Final Information**

It is my hope that you will see me as someone here to HELP you and be of assistance to you. I appreciate the job I have that allows me to work with you here at Ohlone College. For that reason, please know that I am willing to help you in your educational journey towards your degree.

### **Syllabus Changes**

The syllabus is subject to change, at the discretion of the instructor.

### **Important Dates**

Mon	Aug 28	First Day of Classes!
Mon	Sept 04	Holiday – Labor Day
Sun	Sept 10	Last Day to Drop Full Term Class and Get Refund (See School Policies) (and NOT get "W")
Mon	Sept 11	Census Date
Fri	Nov 10	Holiday – Veterans Day
Thur	Nov 16	Last Day to Drop With a "W"
Th-Fr	Nov 23-24	Holiday – Thanksgiving
M – F	Dec 11-15	Finals Week (Thurs, Dec 14 – 9:30 to 11:00)

### **Daily Calendar**

See next page

Guts			Red = Graded Work
PE 346		T, Th 9:15 to 10:15	
Wk 1			
29-Aug	T	Intro to Syllabus	
31-Aug	TH	Workout Phase 1	
Wk 2			
5-Sep	T	Workout Phase 1	
7-Sep	TH	Workout Phase 1	
Wk 3			
12-Sep	T	Workout Phase 1	
14-Sep	TH	Workout Phase 1	
Wk 4			
19-Sep	T	Workout Phase 1	
21-Sep	TH	Workout Phase 1	
Wk 5			
26-Sep	T	Workout Phase 1	
28-Sep	TH	Benchmark Day 1	
Wk 6			
3-Oct	T	Workout Phase 2	
5-Oct	TH	Workout Phase 2	
Wk 7			
10-Oct	T	Workout Phase 2	
12-Oct	TH	Workout Phase 2	
Wk 8			
17-Oct	T	Workout Phase 2	
19-Oct	TH	Workout Phase 2	
Wk 9			
24-Oct	T	Workout Phase 2	
26-Oct	TH	Workout Phase 2	
Wk 10			
31-Oct	T	Workout Phase 2	
2-Nov	TH	Benchmark Day 2	
Wk 11			
7-Nov	T	Workout Phase 3	
9-Nov	TH	Workout Phase 3	
Wk 12			
14-Nov	T	Workout Phase 3	
16-Nov	TH	Workout Phase 3	
Wk 13			
21-Nov	T	Workout Phase 3	
23-Nov	TH	No Class -- Thanksgiving Break	
Wk 14			
28-Nov	T	Workout Phase 3	
30-Nov	TH	Benchmark Day 3	
Wk 15			
5-Dec	T	Assign Personal Plan / Final Exam Review	
7-Dec	TH	Free Day	
Wk 16			
Final Exam / Personal Plan Due (Thurs, Dec 14 -- 9:30 to 11:00)			

