



Session 7

C-PE 2 (3 units) **PATHFIT II Exercise-based Program**

Spring Semester 2024



Core Exercises

Basic Exercises for PE Classes



Session Objectives:

- Identify the different types of core muscle and muscle group.
- Determine the significance of core activity or workout in everyday movement routine.



Session Objectives:

- Identify the various exercises in improving core stability that can be applied to personal fitness plan.
- Perform basic non-locomotor core exercises that can be incorporated to PE class activities.



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What muscle groups involved in
CORE STABILITY EXERCISES?

Pelvis

Hips

Stomach

**Lower
Back**



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FUNCTIONS OF THE CORE REGION

- ✓ Use in everyday life:
 - *Walking*
 - *Bending*
 - *Lifting*
 - *Getting up*



BENEFITS OF STENGTHENING THE CORE REGION

- *Stabilization*
- *Postural Control*
- *Efficiency and effectiveness of movements*
- *Lessen the risk of injury*
- *Tightens the abdominal muscles*

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MUSCLE GROUPS OF THE CORE REGION



Figure 1: What Does Machine Abductor Do?.
(Source: JOHO Fitness. ND. (Online))

Figure 2: Rectus Abdominis Muscle Deail: 8 Packs Muscle
(Source: Vastral Physiotherapy Clinic. 2017:Online)

Figure 3: Transversus Abdominis- The Golden Muscle!
(Source: The Pelvic Studio. ND:Online)

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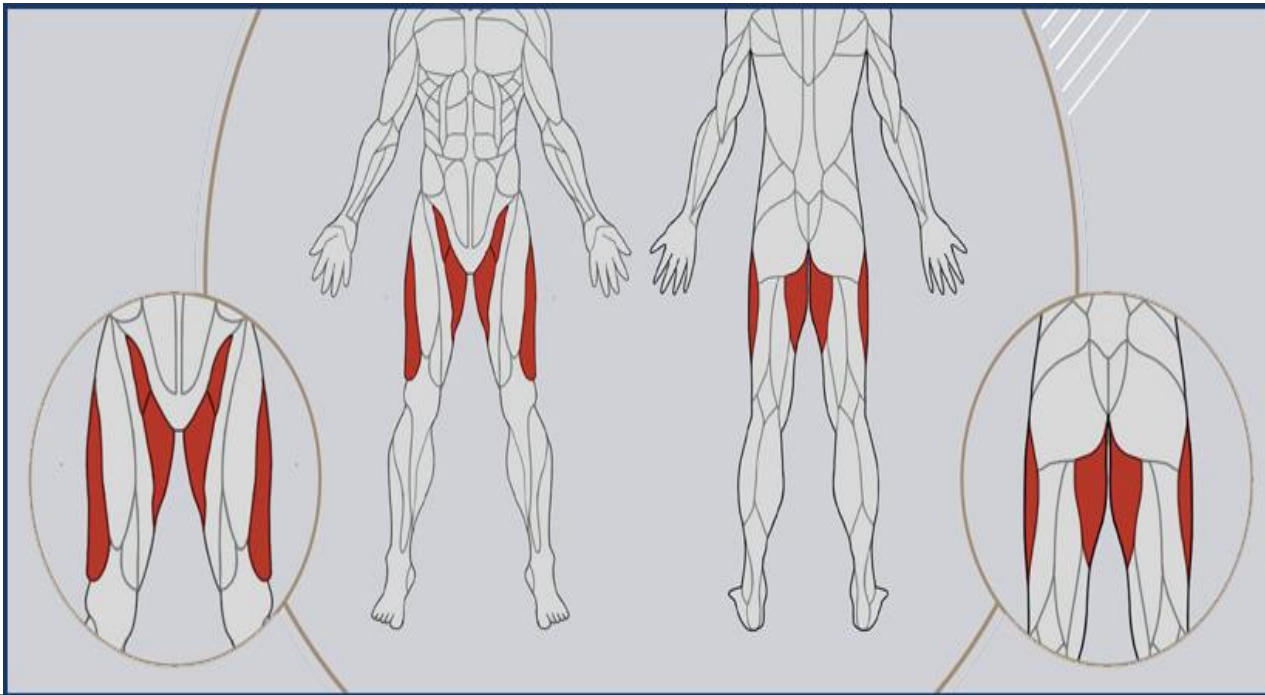


Figure 1: What Does Machine Abductor Do?.
(SourceJOHO Fitness. ND. (Online))

Hip Abductor

This includes all the muscles in the body's midsection. These are the muscles in the medial section of the thigh called hip abductor.

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Oblique Muscles

The oblique muscles are located along the sides of the body. This muscle is responsible in rotating movement of the body.

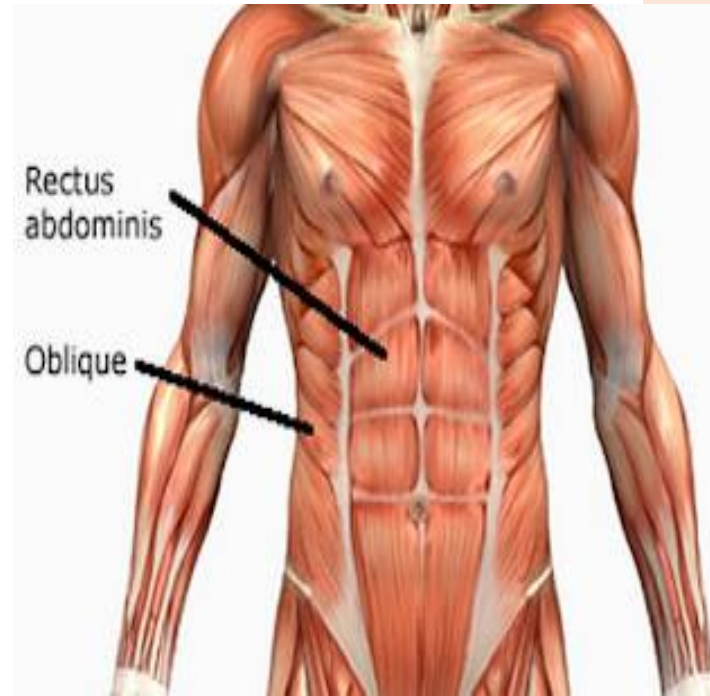


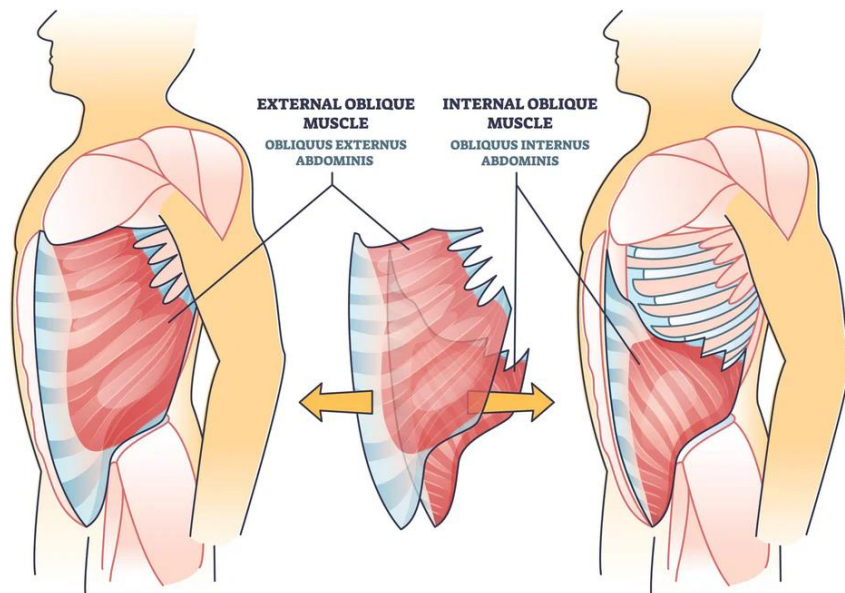
Figure 2: Rectus Abdominis Muscle Detail: 8 Packs Muscle
(Source: Vastral Physiotherapy Clinic. 2017:Online)

Rectus Abdominus

The rectus abdominis muscle is sometimes referred to as the “six-pack” which is vertically located on the anterior wall of the abdomen.

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OBLIQUE MUSCLES



External Oblique

This muscle is also classified as flat muscle which is located inferior to the external oblique and above the transverse abdominal muscles.

Figure 3: How to do Oblique Crunches (Form & Benefit)
(Source: The Steel Library. 2022:Online)

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Transversus Abdominis

This is situated under the oblique muscle of the body and it goes around the spine for protection and for stabilization.

Figure 4: Transversus Abdominis- The Golden Muscle!
(Source: The Pelvic Studio. ND:Online)

MUSCLES THAT MAKE UP
ERECTOR SPINAE

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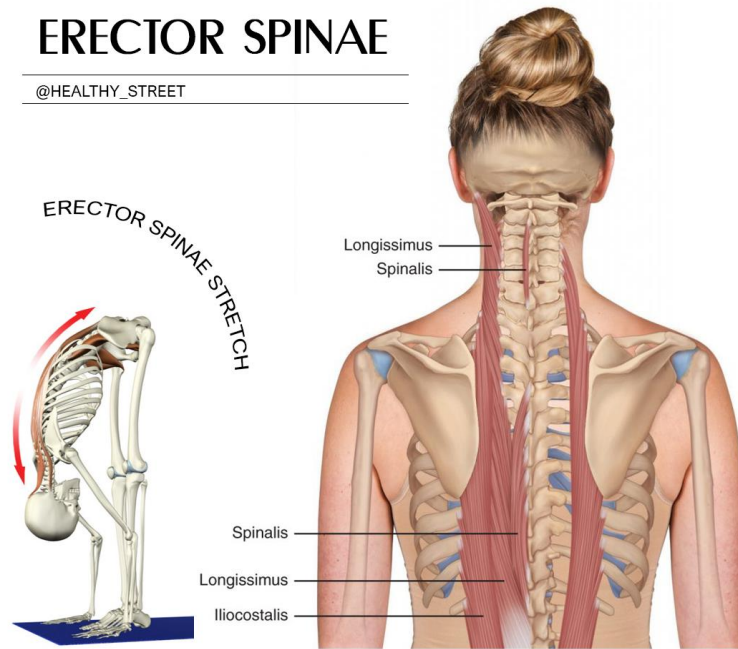


Figure 5: Muscles that make up the Erector Spinae
(Source: Kelehear, J. 2018: (Online))

Erector Spinae

The erector spinae is technically called back muscle which is composed of muscle group that is situated from the base of the skull down to the sacral region. They are also known as the sacrospinalis group of muscles

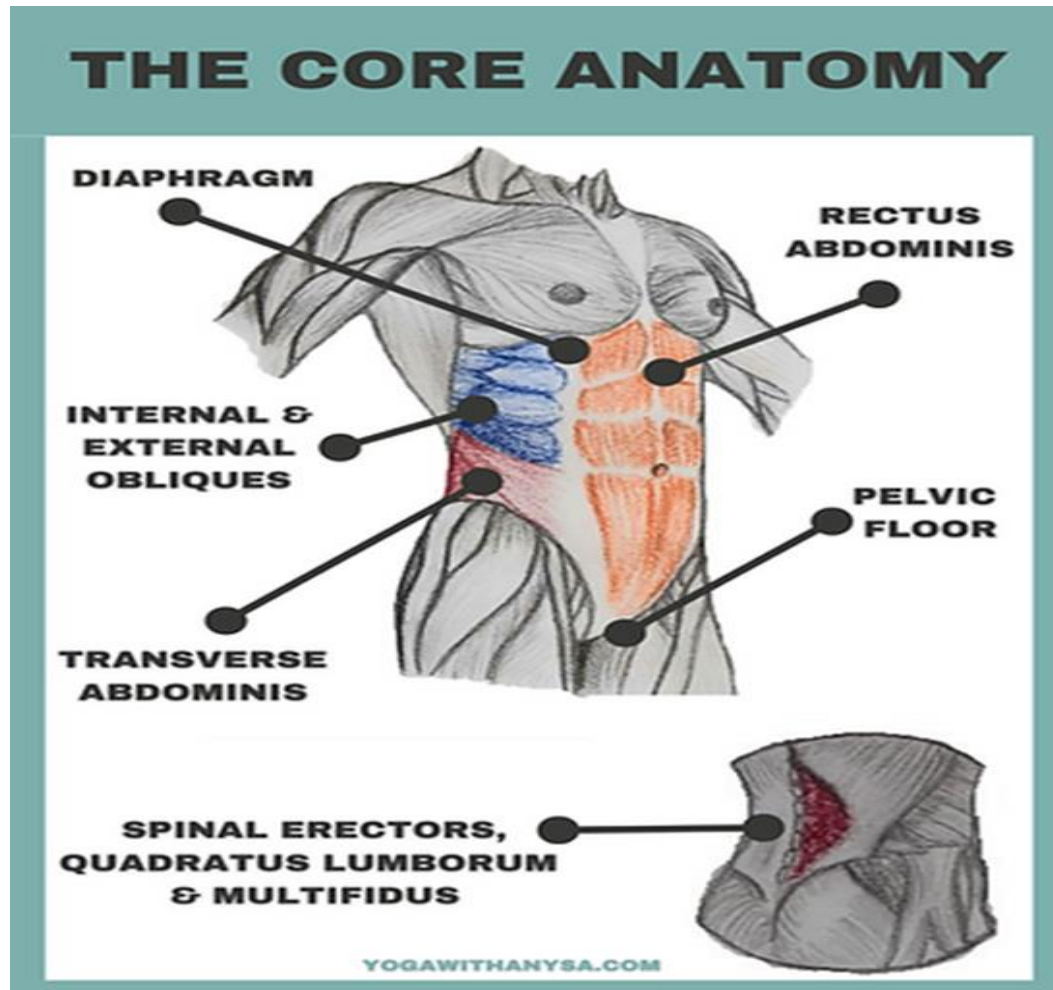


Figure 6: What is the Core? Muscle group, benefits and key actions.
(Source: Cianni, A. 2022 : (Online))



BASIC ACTIVITIES FOR CORE EXERCISES

Crunches

- Lie down on your back with legs on a 90 degrees bent
- Place hands on chest or on nape to support the movement. Do not put stress on the neck during performance.
- Contract on the abdominal muscles, engaging the core muscle group while performing the crunches.



Figure 7: Photos owned by the author.
In the photos is the author and her PE students and players.

Side Curl

- In a standing position, spread feet at a shoulder width apart.
- Place arms on the side of the body, maintaining the proper posture.
- Curl on the side reaching the side of the knee by the hand. Continue with desired number of repetitions.



Figure 8: Photos owned by the author.
In the photos are the author's PE students.

Modified Russian Twist

- In a sitting position, place legs in an 90 degrees position.
- Lean back a little and activate the abdominal muscles.
- Move the torso towards each side of the body, making center as the base in each movement.



Figure 9: Photos owned by the author.
In the photos is the author's PE student.

Russian Twist

- In a sitting position, place legs in an 90 degrees position.
- Lean back a little and activate the abdominal muscles.
- Move the torso towards each side of the body continuously in each side while maintaining the reclined position of the upper body.



Figure 10: Photos owned by the author.
In the photo is the author's son.

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Plank

- In a prone lying position, keep the body on a straight alignment with elbows as the base.
- Engage the core muscles and maintain the position of the body while attaining the desired length of time of the activity.



Figure18: Photos owned by the author.
In the photos is the author's co-teacher.

Plank Tap

- In a prone lying position, keep the body on a straight .
- Alternately tap each shoulder by the hand while maintaining the proper plank posture.
- Perform the desired repetitions.



Figure19: Photos owned by the author.
In the photos is the author's co-teacher.

Plank Jacks

- In a push-up position, perform an open-close leg movement continuously.
- Keep the abdominal muscles engaged until the desired number of repetitions is achieved.



Figure 13: Photos owned by the author.
In the photos are the author's players.

Leg Raise

- Lie down on your back with legs on a straight but relax position.
- Engage the core muscles then raise both legs up and down.
- While performing, regulate the breathing process by inhaling before the leg raise and gradually exhale when lowering the legs.



Figure 15: Photos owned by the author.
In the photos is the author's PE students.

Leg Raise (Variation)

1. Alternate leg raise
2. Perform in sets.
3. Raise at once then gradually lowering down in a count of 10.



Figure 15: Photos owned by the author.
In the photos is the author's PE students.

Flutter Kick

- Lie down on your back with legs on a straight but relax position.
- Perform the alternate kick with toes pointed.
- Avoid the heel of the feet getting contact with the floor.
- Engage the core for the entire performance.



Figure 16: Photos owned by the author.
In the photos is the author's co-teacher.

Modified Mountain Climber

- In a push-up position, maintain the alignment of the body from head to toe.
- Alternately raise the knees close to the chest without compromising the proper alignment of the body.
- This enable the core to be activated.



Figure 17: Photos owned by the author.
In the photos is the author's PE students.

Mountain Climber

- In a push-up position, maintain the alignment of the body from head to toe.
- Alternately raise the knees close to the chest without compromising the proper alignment of the body.
- Do this in a faster pace without compromising the proper position of the body..



Figure 18: Photos owned by the author.
In the photos is the author's PE students.



Challenge to self:

Lift a pail of water with and without engaging your core, then feel the difference.



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