ACTIVITIES

- Running stresses the entire body, activating various muscles to propel the body forward. It has been shown that the core muscles are activated while running (Fredericson & Moore, 2005). These muscles, including abdominals, back, and gluteals, are important for providing stability to the spine so that damage is not accrued and the optimum production, transfer and control of force and motion is obtained (Kibler, Press & Sciascia, 2006). Core musculature strength and endurance has been shown to provide reduced risk of lower extremity injury or low back pain in athletes (Leetun, Ireland, Willson, Ballantyne, & Davis, 2004).

- Core- Includes muscles of the abdominal wall, low back, hips, gluteals and pelvic floor (Kibler, Press et al. 2006). It has been suggested that core strength and power might be important for improvements to the core in sports related performance measures. Leetun, Ireland, Willson, Ballantyne, and Davis (2004) compared core stability measures between genders and between athletes who reported an injury during their sport season. One hundred and forty intercollegiate male and female athletes participated. They were tested for strength in anterior, posterior and lateral muscles that contribute to core stability. The results of the strength tests suggested that individuals who remain uninjured over the course of the sports season had significantly greater core strength measures than those who reported an injury.

- McGill’s Core function tests- The four tests include the extensor test (Biering-Sorensen back extensor test), flexor test (abdominal fatigue) and side bridge tests (McGill, Childs, Liebenson, 1999).

- Follow along to this video or this video to develop your core
  - https://youtu.be/LY5Dp0s4IxI

- Cool Down
  - https://youtu.be/kP5eFSsOxUs

ASSESSMENT:

Answer the following questions and submit them via a word document. Title the document by course name. Student name. Student ID and class period.

1. What do the core muscles do for the spine?
2. Can core development affect athletic performance?