ACTIVITIES

- The integration of core stabilization exercises into injury prevention programs, particularly for lower extremity, is demonstrating decreased injury rates. The importance of function of the central core of the body for stabilization and force generation in all sports activities is being increasingly recognized. ‘Core stability’ is seen as being pivotal for efficient biomechanical function to maximise force generation and minimise joint loads in all types of activities ranging from running to throwing.

- Follow along to this video or this video to develop core stability
  - https://youtu.be/g7sya5SfT_c (3 reps of 10) or (3 reps for 10 seconds)

- Activity
  - The curl up 3 reps 10 seconds
  - Side Plank 3 reps 10 seconds
  - Full Plank 3 reps 10 seconds
  - The Birddog 3 sets hold for 5 seconds (each side)
    - https://www.youtube.com/watch?v=2_e4I-brfqs

- Cool Down
  - https://youtu.be/dB5W4LZf0JU

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 are the McGill big 3?
2. Does McGill recommending arching your back?
3. Is the side plank part of McGill's big 3?