

KINE-133B: INTERMEDIATE BODY SCULPTING

Justification for this inactivation request

Unable to fill/offer

Effective Term

Fall 2026

CC Approval

08/22/2025

AS Approval

10/09/2025

BOT Approval

10/16/2025

COCI Approval

02/23/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Coaching (Any Degree and Professional Experience)	Or
Health (Master's Degree)	Or
Physical Education (Master's Degree)	Or

Subject Code

KINE - Kinesiology

Course Number

133B

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Intermediate Body Sculpting

Short Title

Intermediate Body Sculpting

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

SECTION B - Course Description

Catalog Course Description

This course is designed to provide students with a healthy environment for continued development in muscle strength, endurance, and flexibility. These three techniques will be developed through various free weights, bands, tubing, benches, and mat exercises.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

Advisory Prerequisite(s)

Completion of KINE-133 with a minimum grade of C.

SECTION D - Course Standards

Is this course variable unit?

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Students will learn advanced techniques for body sculpting using various free weights, bands, tubing, benches, and mat exercises.
2.	Students will develop intermediate and advanced workout routines.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Understand how to maintain three components of fitness: muscular strength, muscular endurance, and flexibility.
2.	Demonstrate how to develop muscular strength, flexibility, and endurance through a training program.
3.	Demonstrate a body sculpting program using various training tools.
4.	Students will analyze and develop intermediate exercise routines.

Course Content

1. Review of benefits of muscular strength, endurance and flexibility
 - a. Pre-workout muscular warmups
 - b. Fundamental muscular training techniques with light to moderate resistance using weights, bands, body weight
 - c. Strong emphasis on technique
2. Review of fundamental flexibility training
3. Review of components of fitness
4. Discussions on three of the five components: muscular strength, endurance and flexibility
 - a. Pre-workout warmups
5. Intermediate level muscular training techniques with light to moderate resistance using weights, bands, body weight
 - a. Kinesthetic awareness
 - b. Fundamental flexibility training
6. Discussions of two remaining components of fitness: nutrition and cardiovascular conditioning
 - a. Pre-workout warmups
 - b. Muscle training techniques involving advanced multiple joint exercises
7. Emphasis on proper body alignment during advanced muscle training
8. Flexibility training stimulating multiple muscle groups
9. Personal fitness goals
10. Designing personal fitness programs incorporating five-seven components of fitness
11. Analyze safe and effective muscular training and flexibility techniques
 - a. Pre-workout warmups
 - b. Muscular and flexibility techniques involving multiple joint and multiple muscle exercises
12. Development of mind, body, breathing and relaxation techniques
13. Demonstrate how to develop muscular strength, flexibility, and endurance through a training program.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Students will be required to participate in group activities. Students will be required to demonstrate sculpting routines using training tools.

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Group Work	
Individualized Instruction	

Journal

Lecture

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards

Chat Rooms

Discussion Boards

E-mail Communication

Telephone Conversations

Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms

Discussions

Group Work

Course design is accessible

Yes

Methods of Evaluation**Methods of Evaluation**

Types	Examples of classroom assessments
Exams/Tests	Essay: Develop an intermediate training program using 4 assistive tools. You have recently been hired to conduct a body sculpting class at the local gym. Prepare a 16 week program covering all of the major exercises and utilizing the fitness concepts. Final Exam Midterm
Class Participation	Students will be required to participate in classroom exercises. Students will be required to research and present intermediate exercises.
Other	Additional assessment information: Design a workout program for a family member. Write about the importance of flexibility and strength of your core, and how it will help you throughout your lifetime.

Assignments**Reading Assignments**

Read handouts.

Read articles given in class about how to better your flexibility and range of motion.

Writing Assignments

Design a workout program, using components of fitness, flexibility, and strength.

Write thoughts on handouts given to read. Respond about your own life and experience.

Outside-of-Class Assignments

Handouts

Analyze techniques.

Develop workout routines using training tools.

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Forte, M

Title

HIIT - High Intensity Interval Training: Strength and Body Sculpting Fitness

Publisher

White Owl Publishing

Year

2015

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000616648

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No