

# KINE-133: BODY SCULPTING

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## 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
Physical Education (Master's Degree)	

### Subject Code

KINE - Kinesiology

### Course Number

133

### Department

Kinesiology

### Division

Kinesiology & Athletics

### Full Course Title

Body Sculpting

### Short Title

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 an environment for improving muscular strength, muscular endurance, and muscular flexibility. These three components of fitness will be addressed using a variety of equipment including free weights, bands, tubing, benches, and mats. Emphasis will be placed on proper technique and form, and safe execution of 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****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 describe and apply the three components of fitness: strength, endurance, flexibility.
2. Students will apply sculpting exercises into a fitness plan.

**Course Objectives**

**Upon satisfactory completion of the course, students will be able to:**

1. Improve muscular strength and muscular endurance through fundamental muscle training techniques.
2. Demonstrate muscular flexibility through fundamental flexibility techniques.
3. Execute proper technique during fundamental muscle training and flexibility.
4. Demonstrate improved kinesthetic awareness.

5. Perform intermediate level muscular training techniques.
6. Understand three components of fitness: muscular strength, muscular endurance, and flexibility.
7. Utilize acute kinesthetic awareness during multiple joint muscle training techniques.
8. Demonstrate understanding of the remaining two components of fitness: nutrition and cardiovascular conditioning.
9. Analyze the safety and effectiveness of muscle training techniques.
10. Create a personal muscle flexibility program.
11. Design a safe, personal muscle strength and muscle endurance program.
12. Analyze the mind-body connection through relaxation and breathing exercises.

### Course Content

1. Introduction, benefits of muscular strength, endurance and flexibility
2. Pre-workout muscular warmups
3. Fundamental muscular training techniques with light to moderate resistance using weights, bands, body weight.
4. Strong emphasis on technique
5. Fundamental flexibility training
6. Introduction, overview of components of fitness
7. Discussions on three of the five components: muscular strength, endurance and flexibility
8. Pre-workout warmups
9. Intermediate level muscular training techniques with light to moderate resistance using weights, bands, body weight
10. Kinesthetic awareness
11. Fundamental flexibility training
12. Discussions of two remaining components of fitness: nutrition and cardiovascular conditioning
13. Pre-workout warmups
14. Muscle training techniques involving advanced multiple joint exercises
15. Emphasis on proper body alignment during advanced muscle training
16. Flexibility training stimulating multiple muscle groups
17. Personal fitness goals
18. Designing personal fitness programs incorporating five components of fitness
19. Analyze safe and effective muscular training and flexibility techniques
20. Pre-workout warmups
21. Muscular and flexibility techniques involving multiple joint and multiple muscle exercises
22. Introduction to mind, body, breathing and relaxation techniques

### Methods of Instruction

#### Methods of Instruction

Types	Examples of learning activities
Activity	
Lab	
Discussion	Information about the three components of fitness: muscular strength, muscular endurance and flexibility. Discussion of components of fitness demonstrating proper warmup, exercises, and proper cool down.

#### 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: How is cardiovascular fitness measured and what are the variables involved? Using the classroom tools, develop a sculpting workout plan for a 3 day a week training program. Midterm Written Final
Class Participation	Students will be required to participate in classroom exercises.
Other	Assessment of skill development through participation in training.

**Assignments****Reading Assignments**

Instructor handouts and internet research

**Writing Assignments**

Design a workout program.

**Outside-of-Class Assignments**

Stretching  
 Analyze techniques

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

Textbook

**Author**

Eastman, A

**Title**

The Right Way to Sculpt Those Muscles: Body Sculpting Exercises and Workouts

**Publisher**

Amazon

**Year**

2015

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## **SECTION G - Diversity, Equity and Inclusivity**

### **Course Codes (Admin Only)**

**CB00 State ID**

CCC000616647

**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