KINE 133 - Body Sculpting Course Outline

Approval Date: 02/13/2020
Effective Date: 08/14/2020

SECTION A

Unique ID Number	CCC000616647
Discipline(s)	Physical Education
Division	Kinesiology & Athletics
Subject Area	KINESIOLOGY
Subject Code	KINE
Course Number	133
Course Title	Body Sculpting
TOP Code/SAM Code	1270.00 - Kinesiology / E - Non-Occupational
Rationale for adding this course to the curriculum	Changing subject code to KINE. Changing hours and units, no longer variable.
Units	1.5
Cross List	*N/A*
Typical Course Weeks	18

Total Instructional Hours

	Contact Hours
Lecture	0.00
Lab	0.00
Activity	54.00
Work Experience	0.00
Outside of Class Hours	27.00

Total Contact Hours	54
Total Student Hours	81
Open Entry/Open Exit	No
Maximum Enrollment	
Grading Option	Letter Grade or P/NP
Distance Education Mode of Instruction	On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog 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.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Students will describe and apply the three components of fitness: strength, endurance, flexibility.
B. Students will apply sculpting exercises into a fitness plan.

2. Course Objectives: Upon completion of this course, the student will be able to:

A. Improve muscular strength and muscular endurance through fundamental muscle training techniques
B. Demonstrate muscular flexibility through fundamental flexibiity techniques.
C. Execute proper technique during fundamental muscle training and flexibility.
D. Demonstrate improved kinesthetic awareness.
E. Perform intermediate level muscular training techniques.
F. Understand three components of fitness: muscular strength, muscular endurance, and flexibility.
G. Utilize acute kinesthetic awareness during multiple joint muscle training techniques.
H. Demonstrate understanding of the remaining two components of fitness: nutrition and cardiovascular conditioning.
I. Analyze the safety and effectiveness of muscle training techniques.
J. Create a personal muscle flexibility program.
K. Design a safe, personal muscle strength and muscle endurance program.
L. Analyze the mind-body connection through relaxation and breathing exercises.
M.

3. Course Content

- Introduction, benefits of muscular strength, endurance and flexibility
- Pre-workout muscular warmups
- Fundamental muscular training techniques with light to moderate resistance using weights, bands, body weight
- Strong emphasis on technique
- Fundamental flexibility training
- Introduction, overview of components of fitness

- Discussions on three of the five components: muscular strength, endurance and flexibility
- Pre-workout warmups
- Intermediate level muscular training techniques with light to moderate resistance using weights, bands, body weight
- Kinesthetic awareness
- Fundamental flexibility training
- Discussions of two remaining components of fitness: nutrition and cardiovascular conditioning
- Pre-workout warmups
- Muscle training techniques involving advanced multiple joint exercises
- Emphasis on proper body alignment during advanced muscle training
- Flexibility training stimulating multiple muscle groups
- Personal fitness goals
- Designing personal fitness programs incorporating five components of fitness
- Analyze safe and effective musclar training and flexibility techniques
- Pre-workout warmups
- Muscular and flexibility techniques involving multiple joint and multiple muscle exercises
- Introduction to mind, body, breathing and relaxation techniques

4. Methods of Instruction:

Activity:

Lab:

Other: 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

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

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.

Class Participation -- Students will be required to participate in classroom exercises.

Class Work --

Final Exam -- Students will compose and present a body-sculpting exercise plan.

Additional assessment information:

Assessment of skill development through participation in training

Midterm

Written Final

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments
   Instructor handouts and internet research
B. Writing Assignments
   Design a workout program
C. Other Assignments
   Stretching
   Analyze techniques

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:	
Author:	Eastman, A
Title:	The Right Way to Sculpt Those Muscles: Body Sculpting Exercises and Workouts
Publisher:	Amazon
Date of Publication:	2015
Edition:	

B. Other required materials/supplies.