



KINE 133B - Intermediate Body Sculpting Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616648

Discipline(s) Coaching
Health
Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 133B

Course Title Intermediate 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. Adding recommended prep.

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 25

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 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.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

- KINE 133 with a minimum grade of C or better

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- Students will learn advanced techniques for body sculpting using various free weights, bands, tubing, benches, and mat exercises
- Students will develop intermediate and advanced workout routines.

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

- Understand how to maintain three components of fitness: muscular strength, muscular endurance, and flexibility
- Demonstrate how to develop muscular strength, flexibility, and endurance through a training program.
- Demonstrate a body sculpting program using various training tools.
- Students will analyze and develop intermediate exercise routines.
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3. Course Content

- Review of 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
- Review of fundamental flexibility training
- Review 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

- 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.

4. Methods of Instruction:

Activity: Students will be required to participate in group activities. Students will be required to demonstrate sculpting routines using training tools.

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: 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.

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

Students will be required to research and present intermediate exercises

Class Work --

Final Exam --

Mid Term --

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.

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

Read handouts

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

B. 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.

C. Other Assignments

Handouts

Analyze techniques

Develop workout routines using training tools.

7. Required Materials

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

Book #1:

Author: Forte, M

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

Publisher: White Owl Publishing

Date of Publication: 2015

Edition:

B. Other required materials/supplies.