KIN A112: BODY SCULPTING LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-1.5 Total Units
Hours	36-54 Total Hours (Lecture Hours 9-13.5; Lab Hours 27-40.5)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Body sculpting is a contemporary workout designed to improve each participant's muscular tone, strength, endurance and flexibility. The student will be introduced to a graduated continuous system of sculpting the body through the use of various resistance techniques. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Perform a variety of exercises specific to requested muscle groups, demonstrating muscular strength and endurance, in a safe and effective manner.
2. Understand the balance between performing aerobic and anaerobic exercise and each one's value in living a healthy lifestyle.

Course Objectives

- 1. Improve muscular strength and flexibility as assessed by pre and post-tests.
- 2. Improve muscular endurance as assessed by pre and post-tests.
- 3. Demonstrate balance and coordination for basic, fundamental exercises.
- 4. Compare and contrast basic principles of aerobic and anaerobic activity and their application to daily life.
- 5. Recognize basic injuries and know how to treat them.
- 6. Perform proper exercises for specified muscle groups.

Lecture Content

I. Orientation Safety injury prevention; proper movement and weight training techniques; equipment, floor and personal safety. Components of a safe workout. Explain girth measurement protocol; administer pre-test. II. Discuss various resistance techniques; tubing, dumbbells, ones own body weight. Explain aerobics vs anaerobics III. The Body Name identify major muscle groups Explain appropriate exercises for muscle groups, resistance and repitition, muscular endurance, physical changes. Components of physical fitness. IV. Discuss components of physical fitness. Explain R.I.C.E., strains and sprains. V. Discuss nutritional principles and hydration VI. Post-test: girth measurement results. VII. Formulate personal sculpting program: Warm up Resistance work Cool down/stretch Increase nutritional needs. IX. Continue to gradually increase muscle tone, emphasizing antagonist/protagonist needs for muscular balance, and progress with individual sculpting program.

Lab Content

I. Fitness pre-test in classroom. II. Light, full-body anaerobic workout to music; proper technique: pushups, curls, extensions, laterals, lunges, squats, core work. III. Perform specific exercises to target corresponding muscle groups using dumbells. IV. Create sequences to formulate resistance routines. V. Introduce Stability Balls, increase repitition. VI. Continue to perform a variety of exercises using equipment. Set goal of 50 consecutive lunges, 3 minute wall squat. VII. Fitness post-test in classroom.

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lectures, discussions, instructor demonstration, instructor feedback and evaluation, videos, handouts

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic. The student will write a book report on an instructor-approved Fitness book.

Writing Assignments

Measurement journal.

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings. The student will submit a workout routine including aerobic and anaerobic exercises conducive to his/her own fitness level.

Demonstration of Critical Thinking

Create a personalized workout routine conducive to his/her fitness level.

Required Writing, Problem Solving, Skills Demonstration

Book Report Demonstrate proper exerises for specified muscle group. Perform all exercises with proper technique throughout the semester.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Selected handouts to be provided and distributed by the instructor