

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 29 - Body Sculpting

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course provides instruction in the fundamental skills of body sculpting. Emphasis will be on muscle toning, strengthening and endurance by means of resistance bands, weights and low impact step.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. apply the skills of body sculpting to improve muscle tone.
- B. demonstrate appropriate techniques of body sculpting through resistance bands, weights, and low impact step.
- C. identify and describe the benefits of body sculpting as it relates to lifelong fitness.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Orientation	1.00
2. Warm-up, Cool Down	2.00
3. Static Stretches	1.00
4. Resistance Band Workout	2.00
5. Floor Workout with Weights	4.00
6. Body Weight Exercises	3.00
7. Core Strength	3.00
8. Workout Design	1.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Orientation	1.00
2. Warm-up, Cool Down	6.00
3. Static Stretches	4.00
4. Resistance Band Workout	4.00
5. Floor Workout with Weights	6.00
6. Body Weight Exercises	6.00
7. Core Strength	5.00

8. Workout Design	2.00
Total Hours	34.00

IV. **METHODS OF INSTRUCTION**

- A. Lecture
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Discussion
- D. Demonstrations
- E. Multimedia Presentations
- F. Drill/Practical

V. **METHODS OF EVALUATION**

- A. Homework
- B. Group Participation
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical Evaluations

VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
 1. Read an article describing the health benefits of body sculpting. Be prepared to share your personal health goals in small groups.
 2. Research the proper use of resistance bands and be prepared to demonstrate in class.
- B. Writing Assignments
 1. Create an individual workout plan that spans a six week cycle. Include cardiovascular training, resistance bands, and weight training.
 2. Write a brief paper on proper body sculpting techniques and how to prevent injuries during training.
- C. Out-of-Class Assignments
 1. Perform a portion of your individual workout plan and maintain a journal documenting change in body composition for a minimum of two weeks.
 2. Visit a local fitness facility and observe the various body sculpting classes and techniques being performed.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

- A. Hoeger, Wener W.K. and Hoeger, Sharon. Principles and Labs for Physical Fitness. 9th Edition. Cengage Learning, 2013.

Materials Other Than Textbooks:

- A. Athletic Apparel
- B. Other materials and/or equipment will be provided by the department.

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