Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN BSF1

BODY SCULPTING FOR FITNESS

Effective: Fall 2015

I. CATALOG DESCRIPTION:
KIN BSF1 — BODY SCULPTING FOR FITNESS — 1.00 - 2.00 units

This kinesiology course focuses on the use of Bells and Balls for Core muscular sculpting and conditioning. An introduction to resistance training using dumb bells, barbells, kettle bells, medicine balls,stability balls and step platforms. The health and fitness related benefits will be presented. SMART goal setting, personal program design and compliance will be included in the instruction.

1.00 - 2.00 Units Lab

Grading Methods:
Letter or P/NP

Discipline:
- Physical Education

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

A. Identify key skeletal muscle structures and how they function.
B. Explain the property of muscular endurance and how it relates to health and physical fitness.
C. Execution of correct form and technique of resistance skill and sculpting.
D. Design a progressive musculoskeletal program using resistance training and sculpting to build and maintain musculoskeletal integrity.
E. Articulate the fitness and wellness improvements as a result of regular training and condtioning.
F. Implement a safe and effective core muscle conditioning/sculpting program compatible with personal goals, lifestyle, and/or personal sport.

V. CONTENT:
A. An Overview of basic skeletal muscle anatomy.
   1. tendons, myofibrils, protein filaments, actin & myosin
   2. slow fibers versus fast fibers
B. Types of Muscular Contractions
   1. isotonic, isometric, isokinetic
   2. concentric versus eccentri
C. Components of Endurance /Resistance Conditioning and Training
   1. American College of Sports Medicine Guidelines
   2. Principles of Resistance & Body Sculpting
   3. 6 Major Variables of Training
D. Safety and Risk Management
   1. Proper grip and posture - wrap thumbs around bar & keep weights close
   2. isolate and stablize
   3. Balance - agonist & antagonist = strength
   4. Perform skill smooth with good form and through the full ROM
   5. Execute skill with proper tiempo
   6. Avoid the Valsalva Manuever - exhale on exertion
E. Program Components -
   1. extremity skills with dumbbells, barbells and kettle bells
   2. core skills with medicine balls and stability balls
   3. cardiovascular skills - step platforms
F. Physiological Benefits for health and fitness
   1. cardiovascular endurance - prevention of cardiopulmonary disease
   2. body composition/body weight - increase in muscle mass and decrease in adipose; increases in basal metabolic rate
   3. prevention &/or management of diabetes - increase in insulin sensitivity; controlling blood glucose
   4. musculoskeletal integrity - tendon,ligament & joint strength; increase coordination of motor units
   5. maintenance of adequate strength for activities of daily living and sports

G. SMART Goals will be discussed to assist students in designing their own personal programs for lifestyle management and fitness.

VI. METHODS OF INSTRUCTION:
- A. **Classroom Activity** -
- B. **Individualized Instruction** -
- C. **Discussion** -
- D. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:
- A. Students will be assigned to read sections of reference texts
- B. Students will read handouts given in class or posted on Blackboard
- C. given final exam.
- D. Students will be asked to use the SMART system to establish personal goals upon completion of class.

VIII. EVALUATION:
- A. **Methods**
  1. Exams/Tests
  2. Class Participation
  3. Class Performance
  4. Other:
     a. Pre and Post Physical Fitness Assessments will be conducted.
- B. **Frequency**
  1. Final exam at end of semester
  2. Attendance and "active" participation at all classes will be observed and noted on attendance record

IX. TYPICAL TEXTS:
1. Delavier, Frederic. *Strength Training Anatomy*. Third ed., Human Kinetics, 2012.
2. Anspaugh, D.J.; Hamrick, M.H,; Rosato, F.D. *Wellness: Concepts and Applications.* 8th ed., McGraw-Hill Higher Education, 2010.
3. Primary Resource for reference:
   Knight, Lucy, THE EXERCISE BALL BIBLE;
   Fair Winds Press, 2013 Print
   ISBN: 13-978-1592335657

X. OTHER MATERIALS REQUIRED OF STUDENTS: