

# **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**

**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**

- 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

## 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