

Course Outline of Record

1. Course Code: KINE-047
2.
 - a. Long Course Title: Body Sculpt & Tone
 - b. Short Course Title: BODY SCULPT/TONE
3.
 - a. Catalog Course Description:
 This course provides instruction in the latest exercise techniques and principles for all interested in improving core strength, posture, flexibility and overall wellness. The course will strengthen and tone specific areas of muscle weakness in the body. The students will increase their knowledge in toning areas not normally strengthened with other aerobic exercise activities. By focusing on each specific area of the body, they increase their knowledge of muscle fitness and injury prevention. Students also learn the fundamental principles of physical fitness and wellness and the impact personal life-long health and wellness.
 - b. Class Schedule Course Description:
 This course strengthens and tones specific areas of muscle weakness in the body.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
 - KINESIOLOGY Associate in Arts for Transfer Degree (AA-T)
4. Total Units: 1.00 Total Semester Hrs: 36.00
 Lecture Units: 0.5 Semester Lecture Hrs: 9.00
 Lab Units: 0.5 Semester Lab Hrs: 27.00
 Class Size Maximum: 40 Allow Audit: Yes
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) *N/A*
7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

1. Dynamic flexibility exercises and the role of a proper warm-up
2. Body weight strength exercises to improve upper and lower body strength
3. Agility and plyometric exercises to improve muscular elasticity
4. Dumbbell, resistance band, and medicine ball strength work
5. Kettlebell and TRX exercises to improve overall muscular strength and endurance
6. Biomechanical principles and techniques for safety, prevention of injury and improved performance
7. Core strengthening exercises derived from pilates, yoga, and body weight conditioning exercises.
8. Creative fitness programming to include multiple ways of building muscular endurance and improving lean composition to include, Tabata, high intensity interval training, and complete full body exercise routines

Lab: (if the "Lab Hours" is greater than zero this is required)

1. Warm-up exercises utilizing dynamic flexibility and agility drills
2. Strength exercises that include body weight, kettlebell, TRX, core training, pilates and yoga
3. Flexibility/regeneration exercises that improve overall strength and flexibility and promote muscular recovery for the body
4. Personal fitness design for lifetime fitness

- | |
|---|
| 5. Biomechanic drills and techniques to improve strength performance and prevent injuries
6. Cardiorespiratory fitness drills and principles such as Tabata, high intensity intervals and longer duration aerobic fitness training |
|---|

9. Course Student Learning Outcomes:

1. Perform, with an increasing degree of proficiency, elementary fitness activities that demonstrate measurable improvements in coordination, aerobic capacity, muscular strength and overall flexibility.
2. Demonstrate an understanding of the relationship between fitness, nutrition and weight management.
3. Identify those health habits associated with optimum wellness and physical well-being.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Demonstrate basic exercise techniques to strengthen overall musculature
- b. Demonstrate basic exercise techniques to strengthen core musculature
- c. Demonstrate basic body weight exercises to improve upper and lower body strength
- d. Demonstrate basic agility exercises to improve personal agility, speed and promote cross training
- e. Demonstrate flexibility exercises to improve strength, balance, and increased range of motion, posture and performance
- f. Compute and report on selective fitness assignments and technological apps

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Demonstration, Repetition/Practice
- c. Discussion
- d. Journal
- e. Lecture
- f. Participation
- g. Self-exploration

Other Methods:

Guest lectures Videos

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

a. In-class Assignments

- | |
|--|
| 1. Pre and Post body composition
2. Personal fitness goal setting
3. Pre and Post muscular endurance fitness testing |
|--|

b. Out-of-class Assignments

- | |
|---|
| 1. Personal program design
2. Personal nutritional analysis
3. On line article critiques, fitness goal sheets |
|---|

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework
- Critiques
- Guided/unguided journals
- Portfolios
- Field/physical activity observations
- Computational/problem solving evaluations
- Group activity participation/observation
- True/false/multiple choice examinations

KINE 047-Body Sculpt & Tone

- Student participation/contribution
- Student preparation

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
-------------------	--------	---------------	--------------	--------------

17. Special Materials and/or Equipment Required of Students:

Yoga mat

18. Materials Fees: Required Material?

Material or Item

Cost Per Unit

Total Cost

19. Provide Reasons for the Substantial Modifications or New Course:

Periodic review and minor course modification, class size max was changed from 45 to 40 for pedagogical safety and supervision of students

20. a. Cross-Listed Course (*Enter Course Code*): N/A

b. Replacement Course (*Enter original Course Code*): PE-047

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

a. Course Control Number [CB00]: CCC000235372

b. T.O.P. Code [CB03]: 83500.00 - Physical Education

c. Credit Status [CB04]: D - Credit - Degree Applicable

d. Course Transfer Status [CB05]: A = Transfer to UC, CSU

e. Basic Skills Status [CB08]: 2N = Not basic skills course

f. Vocational Status [CB09]: Not Occupational

g. Course Classification [CB11]: Y - Credit Course

h. Special Class Status [CB13]: N - Not Special

i. Course CAN Code [CB14]: N/A

j. Course Prior to College Level [CB21]: Y = Not Applicable

k. Course Noncredit Category [CB22]: Y - Not Applicable

l. Funding Agency Category [CB23]: Y = Not Applicable

m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): N/A

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 0

Third Year: 0

KINE 047-Body Sculpt & Tone

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 09/08/16