

KINESIOLOGY 1103
BODY SCUPLTING & CONDITIONING

TEXTBOOK

Anybody's Guide to Total Fitness by Len Kravitz, 9th edition

COURSE DESCRIPTION

This is a one (1) hour credit course. Each workout session will consists of a warm-up period, followed by isolation work. The isolation work will consist of core exercises, band & tubing exercises, exercises using hand weights, and exercises with the resista ball. The warm-up period will be between five and ten minutes, and then students will begin the body sculpting segment of the workout which targets specific muscles and muscle groups. This will be followed by an aerobic segment. Immediately following the aerobic workout, students will cool down and bring their heart rates to a specified rate. This takes between five and ten minutes. Stretching is the last phase and is always done at the end of each workout to prevent muscular soreness and improve flexibility gains. This program is designed to improve and maintain cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. Emphasis is placed on safety, proper exercise technique, and having fun while exercising.

This course consists of organized workouts and individual workouts. Fitness levels will be assessed at least three times during the semester. Students will take a minimum of two written tests, a mid-term exam and final exam.

OBJECTIVES

1. Students will improve muscular strength and endurance
2. Students will improve flexibility.
3. Students will maintain or improve cardiorespiratory endurance.
4. Students will participate in regular exercise.
5. Students will know the Health-Related Components of fitness.
6. Students will know the muscle groups.
7. Students will use appropriate safety skills.

ATTENDANCE POLICY

Each student will start with 120 points in attendance and participation. For each class activity not completed, points will be deducted (not to exceed 10 points). For each absence 10 points will be deducted. A student will be considered tardy when he/she misses roll call. Three (3) tardy notations in the attendance log will count as one (1) absence. If a student misses three (3) days in succession, it will be considered excessive, and an excessive absence form will be submitted to the registrar's office. If a student misses a total six (6) absences not successive, but an accumulation of six (6), he or she will be dropped from this course.

COURSE REQUIREMENTS

1. Attend Class
2. Complete all in class workouts (subjective)
3. Read assigned chapters.
4. Complete Study Questions & THR & HW Forms
5. Complete the 4 fitness tests at least 2 times

EVALUATION

- | | |
|------------------|-----|
| 1. SQs | 20% |
| 2. THR/HW Forms | 10% |
| 3. Mid-Term Exam | 10% |
| 4. Final Exam | 20% |
| 5. Fitness | 20% |
| 6. A & P | 20% |

FITNESS TESTING

Physical fitness testing will be done 3 times during the semester. There are 4 fitness tests. Each student must complete each test 2 times. Failure to do so will result in a loss of 20 points from the final grade. There will be no make-ups for fitness testing.

ONLINE ASSIGNMENTS

Study questions for each chapter are online. Each chapter will have a specific due date. Each section will be graded and grades available after the completion date. The chapter questions will not reopen.

MID-TERM/FINAL EXAM

If the student is absent on the day of the scheduled mid-term exam, the student will have five (5) days to make up the

exam. If the student is absent on the day of the scheduled final exam, the student must make arrangements with the instructor to take the exam before final grades must be logged into the computer. If the student fails to take these exams during the allotted time frame, the student will receive a zero for that test grade.

DRESS & APPROPRIATE ATTIRE

Classes will be held in the weight room and gym. Comfortable shorts/sweat pants and t-shirts will allow you to move, breathe, and stay cool. A supportive shoe will help prevent injuries. Appropriate shoes are required.

LOCKS

Students are responsible for all personal belongings. If books or a change of clothing are brought to class, these should be locked in a locker. If you plan on bringing anything other than keys to class, you need to rent a locker. The locker rental fee is \$3.00 per semester.

INSURANCE

CBC does not automatically provide student-accident insurance coverage. For more information concerning personal insurance you should contact the CBC Business Office. This type of insurance can be purchased if you decide you want this coverage.

IMPORTANT INFORMATION

Please read the following statements carefully. If necessary, please arrange a meeting with me.

1. If you have a documented disability that will impact your work in this class, please contact me to discuss your needs.
2. Plagiarism and any form of academic dishonesty are prohibited and will be sanctioned by CBC.
3. No electronic devices are allowed the Gym during this class unless prior approval has been given! This also applies when you are taking your Mid-Term and Final Exams.
4. Coastal Bend College does not discriminate on the basis of race, creed, color, national origin, gender, age, or disability.