

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 014A – BEGINNING BODY BUILDING

1 hour lecture, 2 hours laboratory, 1.5 units

Catalog Description

Instruction and practice in conditioning, running and resistance exercises, with emphasis on total fitness of the individual.

Prerequisite

None

Course Content

- 1) Proper use of barbells/dumbbells and machines
- 2) Safety rules
- 3) Evaluation of students' physical needs and capabilities
- 4) Planning a work-out program for each student; students will experiment with the exercises to determine the maximum weight and number of repetitions to be used. As strength increases, weight and repetitions will increase.

Course Objectives

Students will be able to:

- 1) Describe how principles learned in class may be applied to improve muscle strength and muscle endurance, two of the five basic components of fitness.
- 2) State personal (realistic) bodybuilding goals based on theory presented in class.
- 3) Demonstrate resistance exercises to develop various muscle groups.
- 4) Design and demonstrate an appropriate training routine based on knowledge of principles of bodybuilding to develop muscular strength and mass.
- 5) Record and monitor progress of resistance training program throughout the course.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of resistance exercises.
- 2) Objective skills testing that measures students' proficiency and improvement in resistance exercises.
- 3) Evaluation of resistance training logs that measure individual student progress towards achieving personal body building goals.

Special Materials Required of Student

Appropriate attire

Minimum Instructional Facilities

Bar bells, dumbbells, free weights, machines and adequate space for weight lifting

Method of Instruction

Lecture and demonstration

Out-of-Class Assignments

- 1) Assigned reading
- 2) Multimedia
- 3) Fitness log

Texts and References

- 1) Required (representative examples):
 - a. Stoppani, *Encyclopedia of Muscle & Strength*. Human Kinetics, 2015.
- 2) Supplemental: None

Exit Skills

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Maintain a written record charting exercises, sets, repetitions and resistance improvements.
- 2) Correctly perform a minimum of one exercise for each major muscle group during each class.
- 3) Improve strength in major muscle groups (shoulder, back, chest, abdomen, arms and legs)
- 4) Identify safety procedures, weight room rules and etiquette.
- 5) Name all of the major muscle groups of the body that are being exercised.

Student Learning Outcomes

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

- 1) Define muscle conditioning terms.
- 2) Describe methods of monitoring muscle strength.
- 3) Identify specific muscles of the body, including core, upper, and lower limbs.
- 4) Demonstrate skills appropriate for recreation and fitness-enhancing participation in body-building or body contouring at the beginning level.