

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**EXERCISE SCIENCE 014B – INTERMEDIATE BODY BUILDING**

1 hour lecture, 2 hours laboratory, 1.5 units

**Catalog Description**

Instruction and practice in weight lifting and weight training with an emphasis on techniques of lifting. Individual program adaptation is stressed.

**Prerequisite**

None

**Recommended Preparation**

"C" grade or higher or "Pass" in ES 014A or equivalent

**Entrance Skills**

Without the following skills, competencies and/or knowledge, students entering this course will be highly unlikely to succeed:

- 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) Identify safety procedures, weight room rules and etiquette.
- 4) Name all of the major muscles of the body that are being exercised.

**Course Content**

- 1) Use of equipment (review)
- 2) Safety rules
- 3) Physiology of muscle development
- 4) Cardiovascular endurance
- 5) Continued development of individual workout program
- 6) Circuit training
- 7) Use of circuit-training method
- 8) Diet and exercise
- 9) Use of various weight lifting programs

**Course Objectives**

Students will be able to:

- 1) Describe how principles learned in class may be applied to maintain and/or improve muscle strength and muscle endurance.
- 2) State personal (realistic) body building goals based on theory presented in class and results achieved.
- 3) Design and demonstrate an intermediate-level training routine based on knowledge of principles of bodybuilding to develop various muscle groups.
- 4) Record and monitor progress of their 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**

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) Plan an individual resistance program as well as maintain a written record charting exercises, sets, repetitions and resistance improvements.
- 2) Correctly perform a minimum of two exercises for each major muscle group during each class.
- 3) Improve strength in each major muscle group (shoulder, back, chest, abdomen, arms and legs)
- 4) List safety procedures, weight room etiquette and rules, as well as giving the rationale for each.
- 5) Describe the muscle physiology of "strength gains."

**Student Learning Outcomes**

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

- 1) Define muscle conditioning terms and compare concentric versus eccentric workout techniques.
- 2) Describe methods of monitoring muscle strength, including one rep max and max reps measurement.
- 3) Identify specific muscles of the body, including core, upper, and lower limbs, and their actions.
- 4) Demonstrate skills appropriate for recreation and fitness-enhancing participation in body-building or body contouring at the intermediate level.