

Body Sculpting

Text:	NA
Supplemental Materials:	Yoga Mat – Optional Bands – Optional Weight Room Equipment
Course Description:	Body Sculpting is a one-semester course (1/2 Units). The course is split into weight lifting and aerobics with strength training workouts that combine flexibility and cardiovascular conditioning. This course is designed to strengthen and tone the body without building muscular size and bulk. Aerobics such as P90X, Turbo Fire Abs, Insanity etc ... are used to increase physical fitness by working cardio, Abs and building strength.
Methods of Evaluation:	Students are evaluated in Body Sculpting by dressing out each day and participating in daily activities. Students are also assessed by Fitness tests and should show improvement throughout the semester.
Pace of Instruction:	The pace of instruction is determined by the student's needs and interest.
Course Objectives:	At the end of the course the student should be able to properly demonstrate the weight lifting techniques with weighted bars, bands, dumbbells or machines. Students should be able to explain the difference between aerobic and anaerobic exercise. Students should understand why exercise intensity matters and how it is measured.
Date Completed	September 29, 2011