

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 014C – ADVANCED BODY BUILDING

1 hour lecture, 2 hours laboratory, 1.5 units

Catalog Description

Advanced skills and techniques of body building.

Prerequisite

None

Recommended Preparation

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

Entrance Skills

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

- 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."

Course Content

- 1) Develop different types of weight training programs
- 2) Explain the different Olympic lifts and power lifts
- 3) Analyze the free weight program and the machine lifting program

Course Objectives

Students will be able to:

- 1) Demonstrate Olympic and power lifting techniques.
- 2) Describe the process to develop resistance training programs for all levels of fitness.
- 3) List and describe advantages and disadvantages of free weights versus machines.
- 4) Design and demonstrate an appropriate training routine for potential bodybuilding competition.

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) Case study assignment that measures students' ability to create a resistance training program for beginner, intermediate and/or competition-level body building.

Special Materials Required of Student

Appropriate attire

Minimum Instructional Facilities

Olympic weights, machines and adequate space for weight lifting

Method of Instruction

- 1) Lecture, demonstration and film
- 2) Laboratory practice

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

Student Learning Outcomes

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

- 1) Define advanced level body-building terms or body contouring.
- 2) Describe differences in benefit between use of free-weights and machine weights.
- 3) Identify specific muscles of the body, including core, upper, and lower limbs, and describe potential injuries precipitated through improper body-building techniques.
- 4) Demonstrate skills appropriate for recreation and fitness-enhancing participation at the advanced level in body-building or body contouring.