

PE-1540: BODY TONING

Cuyahoga Community College

Viewing: PE-1540 : Body Toning

Board of Trustees:

January 2022

Academic Term:

Fall 2022

Subject Code

PE - Physical Education

Course Number:

1540

Title:

Body Toning

Catalog Description:

Instruction, practice, and participation in group exercise class consisting of total-body muscular strength and endurance exercises using a variety of equipment and methods.

Credit Hour(s):

1

Lab Hour(s):

2

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Perform a total body resistance training workout designed to increase muscular strength and endurance.

Objective(s):

1. Explain the purpose and importance of strength training and how it relates to body composition, longevity, and quality of life.
2. Demonstrate the ability to progress through a safe, thorough, and effective circuit-style body toning routine.
3. Apply principles of progressive overload to a muscular fitness training program.
4. Identify all of the human body's "major skeletal groups" by name and location.
5. Identify the components of physical fitness and demonstrate understanding of how each component is accomplished through specific physical activity and exercise.
6. Identify and perform exercises that increase muscular endurance.
7. Identify and perform exercises that increase muscular strength.
8. Identify and perform exercises that increase flexibility.

Methods of Evaluation:

- A. Attendance
- B. Participation
- C. Pre- and Post- fitness assessments
- D. Written evaluation
- E. Practical examination

Course Content Outline:

1. Equipment and attire orientation
2. Physical fitness pre-testing and post-testing
3. Components of physical fitness
4. Warm-ups, muscular strength and endurance workouts, flexibility training
5. Major skeletal muscle groups of the human body and specific methods for exercising each muscle group
6. Safety and injury prevention principles of muscular strength, muscular endurance, and flexibility exercises
7. Nutrition and weight management considerations

Resources

American College of Sports Medicine. (2020) *ACSM's Complete Guide to Fitness & Health*, Human Kinetics.

Ardison, S. (2021) *5 Best Strength Training Workout Routines For Beginners (Home & Gym)*, <https://www.nerdfitness.com/blog/strength-training-101-where-do-i-start/>

Resources Other

ACSM. (2020) ACSM Exercise Guidelines | 3 Essential Resources (<https://www.acsm.org/blog-detail/acsm-certified-blog/2020/09/03/acsm-exercise-guidelines-resources/>)

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