

NC 905: BODY CONTOURING

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	0
Lecture Hours :	0
Lab Hours:	36
Hours Arranged:	0
Total Student Learning Hours:	36
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Non-Credit Course

Catalog Course Description

This course is designed to focus on total body conditioning to reach desired body potential through improved muscle strength, endurance, flexibility, core stability, and balance in the application of sound training principles. 36 lab hours.

Course Objectives

- Independently analyze material to develop an exercise program including warm-up, work-out, and warm-down periods.
- Recognize the importance of physical fitness as it relates to themselves, their health, and quality of life.
- Improve or maintain cardiovascular fitness.
- Improve or maintain muscular strength and endurance.
- Improve or maintain flexibility and balance.

Lab Content

1. Physical Activities
 - a. Muscular strength
 - i. Hand Weights
 - ii. Wall Pulleys
 - iii. Weight Machines
 - iv. Resistance Bands
 - b. Muscular endurance
 - i. Hand Weights
 - ii. Wall Pulleys
 - iii. Weight Machines
 - iv. Resistance Bands
 - c. Cardiovascular fitness
 - i. Stationary Bicycles
 - ii. Treadmills
 - iii. Elliptical Trainers
 - iv. Arm Ergometers
 - d. Flexibility/Stretching
 - i. Passive Range of Motion Exercises
 - ii. Active Range of Motion Exercises
 - iii. Assisted Range of Motion exercises using bands or towels
 - e. Balance

Examples of Required Writing Assignments

Journal physical activity

Examples of Outside Assignments

Home exercise programs

Instruction Type(s)

Lab