



ADVANCED BODY SCULPTING



Advanced Body Sculpting
36.06600

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Course Description: Provides additional opportunities to redefine body shape through specific exercises. Based on the *American College of Sports Medicine* guidelines for fitness and conditioning programs, this course covers weight training, conditioning exercises, and proper nutrition to improve muscle tone, muscle definition, posture, bodily proportions, and overall condition of the body and energy levels.

The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.

Motor Skills and Movement Patterns

PEABS.1 The physically educated student demonstrates competency in a variety motor skills and movement patterns.

- a. Demonstrates correct training methods used in body sculpting.
- b. Identifies and performs more complex callisthenic and other exercises using body weight.
- c. Demonstrates the proper use of two major types of weight-training equipment: machines and free weights.
- d. Identifies and demonstrates the proper use of resistance bands, handheld weights, and other strength and conditioning apparatus.
- e. Demonstrates competence while performing correct strength training techniques and emphasizing fitness and personal responsibility.
- f. Provides support to classmates when using weight machines, handheld weights, and body weight exercises

Movement Concepts and Principles

PEABS.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- a. Identifies the types of exercises needed to enhance the development of various muscle groups.
- b. Identifies healthy concepts of weight management related to an overall conditioning program.
- c. Develops a body sculpting plan including a variety of muscle toning and muscle strengthening activities.
- d. Assists classmates in developing and implementing training plans.
- e. Evaluates personally selected activities based on their impact in the areas of flexibility and cardiovascular endurance, or muscular strength and endurance.
- f. Predicts the amount of rest needed between workout routines based on personal goals.
- g. Identifies the signs of over-training.
- h. Identifies the effects of performance enhancing, over-the-counter, and illegal drugs on the body.
- i. Identifies and performs multiple aerobic-conditioning exercises as part of an overall body sculpting program.
- j. Demonstrates the proper use of a variety of machines.
- k. Assists classmates in the proper use of equipment for specified muscle groups.
- l. Identifies problematic situations when training (overtraining, illness, and fatigue).

Fitness

PEABS.3 The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.

- a. Monitors target heart rate during exercise.
- b. Participates in aerobic activities at least 3 times per week.
- c. Participates in the components of the Georgia Fitness Assessment with teacher supervision and guidance.
- d. Evaluates current fitness scores on the Georgia health-related fitness assessment.
- e. Assists classmates in proper techniques when practicing the components of the Georgia Fitness Assessment.
- f. Assists classmates as needed when designing and implementing a program of improvement.
- g. Explains Rate of Perceived Exertion (RPE).

Personal and Social Behavior, Rules, Safety, and Etiquette

PEABS.4 The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- a. Exhibits responsibility and proper application of safety protocols when participating in body sculpting activities.
- b. Determines environmental factors in performing aerobic exercise safely.
- c. Exhibits proper etiquette and respect for others while engaging in body sculpting.

PEABS.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- a. Explains the personal value of aerobic exercise and body sculpting.
- b. Analyzes the mental and emotional benefits of aerobic exercise and body sculpting.
- c. Evaluates the personal benefits of individual and group activities while body sculpting.

