



BODY SCULPTING



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36.05600

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Course Description: Provides methods 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

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

- a. Identifies and performs proper strength and conditioning techniques using calisthenics and other exercises with body weight.
- b. Demonstrates proper spotting techniques for all lifts and exercises that require spotting.
- c. Demonstrates the proper lifting techniques for equipment used to strengthen the lower body.
- d. Demonstrates the proper lifting techniques for equipment used to strengthen the upper body.
- e. Demonstrates the proper use of two major types of weight-training equipment: machines and free weights.
- f. Develops and executes a series of exercises using machines and free weights to enhance a conditioning program.
- g. Demonstrates proper posture, form, and flexibility in training

Movement Concepts and Principles

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

- a. Compares the differences between warm-up and cool-down.
- b. Defines set and repetition as they relate to body toning.
- c. Identifies the weight load needed for individual workouts.
- d. Identifies the proper training methods and develops a series of exercises based on personal goals.
- e. Identifies exercise(s) needed to target specific muscle groups.
- f. Classifies the advantages and disadvantages of machine and free-weight exercises.
- g. Identifies the major muscle groups.
- h. Understands the biomechanical purpose for each major muscle group.
- i. Determines the differences between small and large (isolated) muscle-group exercises.
- j. Compares the different types of muscular contractions.
- k. Determines the amount of rest needed between each set as it relates to the type of exercise being performed.
- l. Demonstrates the proper use of various free-weight equipment for specified muscle groups.
- m. Describes the importance of charting and record-keeping in a training and conditioning program.
- n. Identifies the importance of nutrition as part of an overall conditioning and weight management program.
- o. Identifies the benefits of aerobic exercise for general health and an overall body conditioning program.

Fitness

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

- a. Participates in the components of the Georgia Fitness Assessment with teacher supervision and guidance.
- b. Evaluates current fitness scores on the Georgia health-related fitness assessment.
- c. Designs, implements, and monitors a program of improvement or maintenance based on the results of Georgia health-related fitness assessments.

Personal and Social Behavior, Rules, Safety, and Etiquette

PEBS.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 conditioning and toning activities.
- b. Exhibits the ability to demonstrate safe and responsible behavior.
- c. Exhibits proper etiquette and respect for others while engaging in physical activity.

PEBS.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 toning.
- b. Summarizes the mental and emotional benefits of aerobic exercise and body toning.
- c. Evaluates the personal benefits of individual and group activities

