

BARNARD COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION

**BODY SCULPTING**  
**PHED 1581**

Instructor: Laura Masone  
Office: 207 Barnard Hall  
Phone: 212-854-6963  
E-mail: Lmasone@barnard.edu

COURSE DESCRIPTION

This course focuses on strength and endurance exercises using hand weights, resistance bands and body bars. Muscle toning exercises are discussed and practiced in detail to develop muscle definition for the upper and lower body. Emphasis is placed on correct body placement. Informative coloring sessions enhance the physical learning. Instruction in stretching technique is also included.

COURSE OBJECTIVES Each student will:

- learn body sculpting exercises for all muscle groups.
- learn anatomy through coloring sessions.
- learn set-up and care of all equipment.
- explore other modes of fitness including Cardio and Interval Training.

COURSE REQUIREMENTS Students must:

- adhere to the attendance policies of the Physical Education department (see handout).
- be in class dressed and ready to participate on time. Attendance is taken at the start of class.
- be properly dressed in workout wear. Fitness shoes are required. If you are not appropriately dressed, you will not be permitted to exercise. This results in an absence.
- bring a water bottle, and use the restroom before class begins.

WEEKLY COURSE SCHEDULE

Week

- |       |  |
|-------|--|
| 1     | Orientation, class etiquette, introduction to body sculpting and equipment |
| 2     | Introduction to weight and bands and bars                                  |
| 3     | Introduction of squats and plies   |
| 4     | Increase resistance level  |
| 5     | Introduction to bench work   |
| 6     | Alternation of weights, bands, bench work                                  |
| 7     | Anatomical coloring  |
| 8     | Increase resistance level  |
| 9     | Continue sculpt progression or Intro. to Cardio                            |
| 10    | Abdominal seminar; flexibility/relaxation class                            |
| 11    | Bench work   |
| 12-13 | Continue sculpt progression; Increase resistance level                     |