

BARNARD COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION

**CARDIO SCULPT
PHED 1591**

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COURSE DESCRIPTION

This course focuses on both multi-impact cardiovascular exercise and body sculpting. Basic choreographed combinations are performed to a variety of music and increase in complexity throughout the semester. Muscle toning exercises are discussed and practiced in detail. Instruction in stretching technique is also included.

COURSE OBJECTIVES Each student will:

- learn and practice aerobics routines progressing in complexity and length.
- learn techniques in monitoring cardiovascular effort and fitness.
- learn body sculpting exercises for all muscle groups.
- explore interval training combining aerobics and sculpt.
- explore other modes of fitness including Step.

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. Athletic 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

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| 1 | Orientation, class etiquette, introduction of basic footwork |
| 2 | Introduction to Body Sculpting with weights and bands |
| 3 | Alternate one class of choreography and one class of sculpting |
| 4 | Alternate one class of choreography and one class of sculpting |
| 5 | Introduction to "20/20" workouts |
| 6 | Introduction to Interval Training: Aerobics and Sculpting |
| 7 | Introduction to Step (optional) and/or Hip Hop |
| 8 | Interval Training and "20/20" workouts |
| 9 | Circuit Training |
| 10 | Abdominal seminar; flexibility/relaxation class |
| 11 | Alternation of Aerobics and Sculpting |
| 12-13 | Any combination of aerobics/step/sculpt |