

### Course Outline

**COURSE:** KIN 73A                      **DIVISION:** 40                      **ALSO LISTED AS:** KIN 73 & PE 73

**TERM EFFECTIVE:** Spring 2023                      **CURRICULUM APPROVAL DATE:** 05/09/2023

**SHORT TITLE:** FITNESS THRU DANCE - LEVEL 1

**LONG TITLE:** Fitness Through Dance - Level 1

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54
		Total Learning Hrs:	27 OR 54	

**COURSE DESCRIPTION:**

This course introduces the student to the elementary skills of movement and dance through fitness. Focus will be on alignment and coordination. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 73. Courses should be taken in sequential order.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

L - Standard Letter Grade

**REPEATABILITY:** N - Course may not be repeated

**SCHEDULE TYPES:**

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

## **STUDENT LEARNING OUTCOMES:**

By the end of this course, a student should:

1. Demonstrate an increased range of motion through the use of flexibility training.
2. Demonstrate improved alignment, coordination, and balance.

## **COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Demonstrate the correct technique for various core stability exercises and exercises used to improve flexibility.
2. Perform dance movements that utilize and demonstrate balance and stability.
3. Discuss the relationship between alignment and flexibility and between coordination and alignment.
4. Recognize their own unique body in relation to dance through various fitness activities.
5. Explain what it means to be centered.

## **CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS**

Curriculum Approval Date: 05/09/2023

1.5 - 3 Hours:

Content: Class introduction, including course syllabus, grading, and class requirements. An overview of the course will be presented.

Pre-testing of skills may be completed.

Student Performance Objectives: Explain the expectations of the class and of the instructor. Participate in pre-testing.

6 - 12 Hours:

Content: Presentation on various muscular exercises used for strengthening one's core. This may include pelvic lifts, leg lifts, hip flexion exercises, and abdominal twists. Flexibility training will also be provided. Students will have the opportunity to practice and improve their flexibility and strength. This can be accomplished through the use of Thera-Bands, exercise balls, and lunges.

Student Performance Objectives: Explain what it means to be centered. Demonstrate the correct technique for various core stability exercises and exercises used to improve flexibility.

6 - 12 Hours:

Content: Continue working on exercises presented in earlier classes. Introduce additional strength and flexibility exercises such as rotation, turnout, and tendu. Presentation on alignment and coordination, including how improving one's alignment allows for full use of flexibility and balance. The relationship between coordination and alignment will also be included.

Student Performance Objectives: Discuss the relationship between alignment and flexibility and between coordination and alignment. Demonstrate the strength and flexibility exercises presented.

6 - 12 Hours:

Content: Additional information and practice opportunities provided on improving stability and balance. An awareness of what you are doing while balancing will be discussed. Various dance movements will be utilized to help develop and improve an individual's

stability and balance. This may include plies, releve, and chaines. Continue working on techniques presented in earlier classes.

Student Performance Objectives: Perform dance movements that utilize and demonstrate balance and stability. Participate in class activities.

6 - 12 Hours:

Content: Continue to work on various movement and dance techniques that improve one's strength, flexibility, alignment, coordination, and balance. This will include a variety of dance sequences and patterns. Post-testing.

Student Performance Objectives: Recognize their own unique body in relation to dance through various fitness activities. Participate in class activities, including post-testing.

2 Hours:

Final. Performance.

**METHODS OF INSTRUCTION:**

Demonstration, guided practice.

**METHODS OF EVALUATION:**

Skill demonstrations

Evaluation Percent 50

Evaluation Description

Percent range of total grade: 40% to 60%

Demonstration Exams

Other methods of evaluation

Evaluation Percent 50

Evaluation Description

Percent range of total grade: 40% to 60%

Requires student participation.

**REPRESENTATIVE TEXTBOOKS:**

No textbook required. Handouts will be provided as needed.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201430

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000544112

Sports/Physical Education Course: Y

Taxonomy of Program: 127000