



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: KIN 73C **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 3

LONG TITLE: Fitness Through Dance - Level 3

<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 develops the student's skills of movement and dance through fitness by utilizing more advanced movements in a variety of dance styles. Focus will be on cardiovascular fitness as the dance routines increase in length. 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 improved kinesthetic awareness.
2. Demonstrate improved cardiovascular fitness.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Apply swing movements in space that demonstrate spatial awareness.
2. Discuss spatial awareness and mental imagery.
3. Demonstrate their ability to perform a variety of jumps and leaps through the use of patterned movements.
4. Discuss what it means to "develop artistry".
5. Develop and perform a dance routine of their choosing.

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

Curriculum Approval Date: 05/09/2023

1 - 4 Hours:

Content: Class introduction, including course syllabus, grading, and class requirements. An overview of the course will be presented. Pre-testing of fitness level may be completed.

6 - 12 Hours:

Content: Review of movement skills from level 2 that strengthen and tone the body. Presentation on advanced movements in a variety of dance styles. Routines will increase in skill difficulty and length.

6 - 12 Hours:

Content: Presentation and discussion on movements to improve one's proprioception, knowing where you are in space. Mental imagery may be presented. Discussion on the ability to sense the influence of your body image in the movements and actions of your muscles and joints. Swing movements in a stationary position will be used for practice. Dance steps and conditioning routines will also be included.

6 - 12 Hours:

Content: Continue working on skills presented in earlier classes. Presentation on various jumping, leaping, and hopping movements through space. These skills will be used to help develop an individual's leg and arm strength as well as their cardiovascular fitness. Balance, spatial awareness, and rhythm will also be included.

6 - 12 Hours:

Content: Continue to work on skills presented to date. Introduce the opportunity for students to develop independent choreography and develop their artistry. Dance routine combinations will increase in length and duration. Post-testing.

2 Hours:

Final.

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: CCC000544114

Sports/Physical Education Course: Y

Taxonomy of Program: 127000