GAVILAN 🕊 COLLEGE

Course Outline

COURSE: PE 73   DIVISION: 40   ALSO LISTED AS: KIN 73

TERM EFFECTIVE: Fall 2011   **Inactive Course**

SHORT TITLE: FITNESS THROUGH DANCE

LONG TITLE: Fitness Through Dance

Units	Number of Weeks	Type	Contact Hours/Week	Total Contact Hours
.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

COURSE DESCRIPTION:

Conditioning the body through the use of various dances and/or dance steps. This course is designed to strengthen and tone the body, assist in weight loss, and increase endurance. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 73, effective Fall 2011.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

        L - Standard Letter Grade
        P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
Maximum of 3 times

SCHEDULE TYPES:

        04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1.   Students will perform each of the routines presented throughout the course.
Measure: demonstration
ILO: 7, 2

GE-LO: E1

2.   Students will demonstrate an increase in their range of motion, through the use of flexibility training.

Measure: pre and post testing

ILO: 7, 6, 2

GE-LO: E1

3.   Students will demonstrate improved cardiovascular fitness.

Measure: pre and post testing

ILO: 7, 6, 2

GE-LO: E1

4.   Students will demonstrate an improved kinestic awareness.

Measure: performance, discussion

ILO: 7, 4, 5, 6

GE-LO: E1, A1

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 73, effective Fall 2011.

Curriculum Approval Date: 09/27/2010

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 and fitness level.

STUDENT PERFORMANCE OBJECTIVES (SPO): Students will be able to explain the expectations of the class and of the instructor. They will participate in pre-testing.

OUT-OF-CLASS ASSIGNMENTS:

6 - 12 Hours

CONTENT: Presentation on various muscular exercises used for strengthening one's core. This may include pelvic lifts, psoas leg slides, plies, reverse breaststroke, homolateral crawl, hip flexion, and abdominal twist. 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 exercise bands, exercise balls, and lunges.

SPO: Students will be able to explain what it means to be centered. They will be able to demonstrate the correct technique for at least six core stability exercises and exercises used to improve flexibility.

OUT-OF-CLASS ASSIGNMENTS:

6 - 12 Hours

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

SPO: Dance movements will be performed by the students that demonstrate balance and stability.

OUT-OF-CLASS ASSIGNMENTS:

6 - 12 Hours

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

SPO: Students will be able to apply swing movements in space that demonstrate spatial awareness. They will be able to perform a sequence of dance steps which demonstrate their cardiovascular fitness.

OUT-OF-CLASS ASSIGNMENTS:

6 - 12 Hours

CONTENT: Various jumping, leaping, and hopping movements through space will be demonstrated. These skills will be used to help develop an individuals leg and arm strength as well as their cardiovascular fitness. Balance, spatial awareness, and rhythm will also be included. Post-testing.

SPO: Through the use of patterned movements, students will be able to demonstrate their ability to perform a variety of jumps and leaps. They will participate in post-testing.

OUT-OF-CLASS ASSIGNMENTS:

2 Hours

Final

NOTE: This is a skill building class where the students' skills or proficiencies will be enhanced by supervised repetition and practice in class.

METHODS OF INSTRUCTION:

Demonstration, guided practice.

METHODS OF EVALUATION:

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 0 % to   %

If this is a degree applicable course, but substantial writing assignments are not appropriate, indicate reason:

Course primarily involves skill demonstration or problem solving

CATEGORY 2 -The problem-solving assignments required:

Percent range of total grade: 0 % to   %

CATEGORY 3 -The types of skill demonstrations required:

Percent range of total grade: 40 % to 60

Performance Exams

CATEGORY 4 - The types of objective examinations used in the course:

Percent range of total grade: 0 % to   %

CATEGORY 5 - Any other methods of evaluation:

Percent range of total grade: 40 % to 60 %

Participation.

REPRESENTATIVE TEXTBOOKS:

No Textbook Required.

ARTICULATION and CERTIFICATE INFORMATION

> Associate Degree:
>> GAV E1, effective 200670
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> CSU GE:
>> CSU E1, effective 200670
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> IGETC:
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> CSU TRANSFER:
>> Transferable CSU, effective 200670
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> UC TRANSFER:
>> Transferable UC, effective 200670

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 73

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: CCC000342707

Sports/Physical Education Course: Y

Taxonomy of Program: 083500