

**Course Outline**

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

**TERM EFFECTIVE:** Spring 2018                      **CURRICULUM APPROVAL DATE:** 09/25/2017

**SHORT TITLE:** FITNESS THRU DANCE - LEVEL 2

**LONG TITLE:** Fitness Through Dance - Level 2

Units	Number of Weeks		Contact Hours/Week		Total Contact Hours
.5 OR 1	18	Lecture:	0	Lecture:	0
		Lab:	1.5 OR 3	Lab:	27 OR 54
		Other:	0	Other:	0
		Total:	1.5 OR 3	Total:	27 OR 54

**COURSE DESCRIPTION:**

This course continues to develop the student's skills of movement and dance through fitness. Focus will be on intermediate movements in a variety of dance styles. 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

**STUDENT LEARNING OUTCOMES:**

1. Demonstrate the correct technique for at least six dance movement exercises that strengthen and tone the body.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2016

Semester: Fall

2. Perform each of the routines presented throughout the course.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2016

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

Curriculum Approval Date: 09/25/2017

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 may be completed.

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

6 - 12 Hours:

Content: Review of movement skills and information presented in level 1, including the importance of body alignment, coordination, and balance. Presentation on intermediate level dance skills that continue to develop the students' strength and muscle tone. Toning through abdominal work, push-ups, and other exercises will be included.

Student Performance Objectives: Demonstrate the dance skills presented in class. Participate in class activities, including the toning workouts.

6 - 12 Hours:

Content: Continue to work on dance skills presented in earlier classes. Introduction of additional intermediate dance movements presented in a variety of dance styles. Dance styles included may be lyrical jazz, social dance, and contemporary dance. Sequencing of movements into a routine will be included.

Student Performance Objectives: Demonstrate the new dance movements that were introduced. Perform these movements in an organized routine.

6 - 12 Hours:

Content: Continue working on sequencing dance movements into a routine. Presentation on how to create more power for movement. Introduce additional dance movements in a variety of dance styles.

Student Performance Objectives: Discuss how to create more power for movement. Demonstrate dance routines performed in a variety of dance styles.

6 - 12 Hours:

Content: Continue working on dance routines presented in class that are designed to improve strength, muscle tone, and fitness. Introduce the opportunity for students to choreograph a dance routine. Post-testing.

Student Performance Objectives: Participate in the dance routines presented in class. Work in groups to choreograph a routine of their choice. Participate in post-testing.

2 Hours:

### **METHODS OF INSTRUCTION:**

Demonstration, guided practice.

### **OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours:

Assignment Description: As this is a lab class no out of class assignments are required.

### **METHODS OF EVALUATION:**

Skill demonstrations

Percent of total grade: 50.00 %

Percent range of total grade: 40% to 60% Demonstration Exams

Other methods of evaluation

Percent of total grade: 50.00 %

**REPRESENTATIVE TEXTBOOKS:**

Recommended Representative Textbooks

**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: KIN

CSU Crosswalk Course Number: 73B

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000544113

Sports/Physical Education Course: Y

Taxonomy of Program: 127000