

**Course Outline**

**COURSE:** KIN 73C                      **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 3

**LONG TITLE:** Fitness Through Dance - Level 3

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 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

**STUDENT LEARNING OUTCOMES:**

1. Demonstrate an improved kinesthetic awareness.  
 Measure of assessment: demonstration, discussion  
 Year assessed, or planned year of assessment: 2016  
 Semester: Fall

2. Demonstrate improved cardiovascular fitness.

Measure of assessment: pre and post testing

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 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 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.

Student Performance Objectives: Participate in class activities. Demonstrate the routines presented in class.

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 stationery position will be used for practice. Dance steps and conditioning routines will also be included.

Student Performance Objectives: Apply swing movements in space that demonstrate spatial awareness. Perform a sequence of dance steps which demonstrate their cardiovascular fitness. Discuss spacial awareness and mental imagery.

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.

Student Performance Objectives: Demonstrate their ability to perform a variety of jumps and leaps through the use of patterned movements. Perform dance routines of increased skill and length.

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.

Student Performance Objectives: Develop and perform a dance routine of their choosing. Discuss what it means to "develop artistry". 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: 73C

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: CCC000544114

Sports/Physical Education Course: Y

Taxonomy of Program: 127000