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

<table>
<thead>
<tr>
<th>Units</th>
<th>Number of Weeks</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>.5 OR 1</td>
<td>18</td>
<td>Lecture: 0</td>
<td>Lecture: 0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lab: 1.5 OR 3</td>
<td>Lab: 27 OR 54</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Other: 0</td>
<td>Other: 0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Total: 1.5 OR 3</td>
<td>Total: 27 OR 54</td>
</tr>
</tbody>
</table>

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