

Course Outline

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

TERM EFFECTIVE: Spring 2014 **Inactive Course**

SHORT TITLE: FITNESS THROUGH DANCE

LONG TITLE: Fitness Through Dance

<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

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. This course has the option of a letter grade or pass/no pass. Previously listed as PE 73.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

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 kinesthetic awareness.

Measure: performance, discussion

ILO: 7, 4, 5, 6

GE-LO: E1, A1

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

Curriculum Approval Date: 04/22/2013

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 individual's 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.

JUSTIFICATION:

The department is requesting a name change, from the Physical Education and Athletics Department to the Department of Kinesiology and Athletics.

The reasons for this action include:

- 1) A desire to follow suit with the 4-year colleges and universities.
- 2) A trend in the field. Community colleges are moving in this direction with Cabrillo College already taking this action. Others such as Sacramento City College, Mission College, and Diablo Valley College are also in the process of changing their name as well. Gavilan College can be a leader in this trend.
- 3) This more closely describes what our profession is about.
"Kinesiology is the academic discipline concerned with the art and science of human movement."
- 4) The state academic senate has proposed that Kinesiology and Exercise Science majors be added to the Disciplines List so they have recognized the move in this direction.
- 5) Over recent years, there have been discussions within the State regarding the need to streamline Physical Education as a discipline. This would help with the negative connotation that is often identified with this discipline. Gavilan College has worked hard to modify our programs to meet State requirements for our major. The name change would be another step in the right direction.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201170

CSU GE:

CSU E1, effective 201170

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201170

UC TRANSFER:

Transferable UC, effective 201170

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: KIN

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: 1

Minimum Hours: .5

Course Control Number: CCC000528328

Sports/Physical Education Course: Y

Taxonomy of Program: 083500