



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Spring 2023 **CURRICULUM APPROVAL DATE:** 05/09/2023

SHORT TITLE: FITNESS THRU DANCE - LEVEL 2

LONG TITLE: Fitness Through Dance - Level 2

<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
		Total Learning Hrs:	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
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate the correct technique for at least six dance movement exercises that strengthen and tone the body.
2. Perform each of the routines presented throughout the course.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate the dance skills presented in class.
2. Discuss how to create more power for movement.
3. Demonstrate dance routines performed in a variety of dance styles.
4. Perform a group choreographed routine of their choice.

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

Curriculum Approval Date: 05/09/2023

1 - 4 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.

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.

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.

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.

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.

2 Hours:

Final.

METHODS OF INSTRUCTION:

Demonstration, guided practice.

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 50

Evaluation Description

Percent range of total grade: 40% to 60%

Demonstration Exams

Other methods of evaluation

Evaluation Percent 50

Evaluation Description

Percent range of total grade: 40% to 60%

Requires student participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required. Handouts will be provided as needed.

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:

CSU Crosswalk Course Number:

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: CCC000544113

Sports/Physical Education Course: Y

Taxonomy of Program: 127000