

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 35 - Aerobic Dance

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course examines forms of aerobic dance to increase cardiorespiratory conditioning through choreographed routines to music. Movements from jazz, hip hop, ballet and Latin dance will be combined into hi-low impact routines. Principles of fitness and health with an emphasis on cardiovascular improvements and body composition will be explored.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. demonstrate proper form and technique of dance movements.
- B. identify the health benefits of aerobic dance on the cardiovascular system.
- C. apply movement patterns to the musical 8-, 16-, and 32- count phrasing.
- D. create choreographed routines which include compulsory movements learned in the course.
- E. assess base line fitness level for establishing safe exercise routines.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction and Orientation	1.00
2. Pre Fitness Testing	1.00
3. Safety	1.00
4. Components of Aerobic Conditioning	1.00
5. Dance Styles	3.00
6. Dance Movements	2.00
7. Calisthenics Form and Technique	2.00
8. Musical Phrasing	1.00
9. Choreography Techniques	2.00
10. Progression of Aerobic Conditioning	1.00
11. Class Design and Presentation	1.00
12. Post Fitness Testing	1.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction and Orientation	2.00
2. Pre Fitness Testing	1.00
3. Safety	2.00

4.	Components of Aerobic Conditioning	2.00
5.	Dance Styles	10.00
6.	Dance Movements	4.00
7.	Calisthenics Form and Technique	4.00
8.	Progression of Aerobic Conditioning	2.00
9.	Musical Phrasing	2.00
10.	Choreography Techniques	2.00
11.	Class Design and Presentation	2.00
12.	Post Fitness Testing	1.00
	Total Hours	34.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read an article on the components of aerobic conditioning and be prepared to discuss in class.
 - 2. Read an article on the benefits of healthy body composition and be prepared for small group activity in class to analyze a method of measuring body composition.
- B. Writing Assignments
 - 1. In a one page essay, write fitness related goal for the semester based on pre-testing.
 - 2. Write a two page self evaluation of your cardiovascular conditioning based on your pre and post fitness tests.
- C. Out-of-Class Assignments
 - 1. Select a song, identify the chorus and verse and choreograph a pattern for those musical sections to present to the class.
 - 2. Watch a dance performance at a studio, on television or in the community and write a reflection on the performance.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Bishop, Jan Galen. Fitness through Aerobics. 9th Edition. Benjamin Cummings, 2013.

Materials Other Than Textbooks:

- A. Athletic Apparel

B. Athletic Shoes

Created/Revised by: Sabrina Fairchild

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