

Las Positas College
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Course Outline for KIN DBS

DANCE AEROBICS/BODY SCULPTING

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN DBS — DANCE AEROBICS/BODY SCULPTING — 1.00 - 2.00 units

A combination of aerobic dance and specific resistance training. Improves cardio-respiratory endurance and tones major muscle groups.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Dance

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Maintain a continuing cardiovascular exercise program emphasizing postural awareness and muscular control.
- B. Correctly perform a range of strength-training exercises that focus on developing the muscles of the torso, lower body, and upper body
- C. Modify exercises to increase or decrease intensity
- D. Describe the benefits of exercise as it relates to a healthy lifestyle
- E. Demonstrate how to stretch effectively

V. CONTENT:

- A. Warm-ups
 1. Simple body movements to increase tissue temperature and prepare the body for the remainder of the work-out
- B. Aerobic segment
 1. Hi/low impact exercise including dance steps
 - a. Chasse
 - b. Pas de Bouree
 - c. Jazz square
 - d. Cross point
 - e. Kick ball change
 - f. Three-step turn
 2. Increase and decrease intensity
 - a. Range of arm movements
 - b. Height and range of lower body movements
- C. Body sculpting – light weight work to increase strength, firm and shape upper and lower body
 1. Standing – lunges, squats, plies, sit-the-wall, heel raises, bicep curls, tricep extension, forearm flexors and extensors, deltoid raises
 2. Floor work – abductors, adductors, erector spinae, latissimus dorsi, pectoralis
 3. Abdominals – crunches, reverse curls, oblique exercises, transverse exercises, Pilates planks
- D. Final cool-down and static stretching
 1. Perform a range of flexibility exercises
 2. Focus on correct positioning
 3. Practice breathing for relaxation
 4. Return the body to resting state

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** - Demonstrate exercises and techniques
- B. **Lecture** - Explanation of exercises and techniques
- C. **Critique** - Critique of exercises and techniques

VII. TYPICAL ASSIGNMENTS:

- A. Demonstrate proper technique of exercises
- B. Calculate ten-second target heart rate zone
- C. Apply choreographed movement routines as demonstrated in class

VIII. EVALUATION:

Methods/Frequency

- A. Class Participation
Daily

IX. TYPICAL TEXTS:

- 1. Kennedy-Armbruster PhD, Carol. *Methods of Group Exercise Instruction Online CE Course*. 3rd ed., Human Kinetics, 2016.
- 2. Vanderburg, Helen. *Fusion Workouts Online CE Course*. 1 ed., Human Kinetics, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are to provide their own work-out apparel, appropriate exercise shoes.
- B. Personal water bottle is optional (water fountain is available)