

Las Positas College  
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## Course Outline for KIN DE

### DANCE EXERCISE

Effective: Spring 2017

#### I. CATALOG DESCRIPTION:

KIN DE — DANCE EXERCISE — 0.50 - 2.00 units

A vigorous choreographed movement class performed to music; may include either high or low impact or step aerobics, or a combination of both.

0.50 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

Family: Kinesiology Dance

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

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

- A. Understand the benefits of exercise and how it relates to a healthy lifestyle
- B. Maintain a continuing cardiovascular exercise program, correct postural alignment, muscular strength, endurance, balance, and flexibility.

#### V. CONTENT:

- A. Warm-ups – simple body movements to increase tissue temperature and prepare the body for the remainder of the work-out
- B. Aerobic segment lasting at least 20 minutes
  - 1. Step cardio fitness comprised of choreographed routines
  - 2. 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
- C. Body sculpting – light weight work to increase strength, firm and shape upper and lower body
  - 1. Floor-work
  - 2. Abdominals
- D. Dance exercises – for alignment, strength, and balance
  - 1. Plies
  - 2. One-leg balances
  - 3. Arabesques, leg rotations
- E. Final cool-down and static stretching

#### VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Student participation in class work-outs
- C. Hand-outs
- D. **Demonstration** -

#### VII. TYPICAL ASSIGNMENTS:

- A. Calculate ten-second target heart rate zone
- B. Follow instructor through choreographed movement routines

#### VIII. EVALUATION:

- A. **Methods**

1. Class Participation
2. Other:
  - a. Student participation
    1. Participation is evaluated daily
  - b. Active participation recorded

**B. Frequency**

No longer taught

**IX. TYPICAL TEXTS:**

1. Written hand-outs will be provided

**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)