

Las Positas College
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Course Outline for KIN DBS

DANCE AEROBICS/BODY SCULPTING

Effective: Summer 2008

I. CATALOG DESCRIPTION:

KIN DBS — DANCE AEROBICS/BODY SCULPTING — 0.50 - 2.00 units

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

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

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

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

V. CONTENT:

- Warm-ups – Instructor leading through simple body movements to increase tissue temperature and prepare the body for the remainder of the work-out using the GRACE Principle (Gradual, Rehearsal, Action, Control, Energy)
- Aerobic segment lasting at least 20 minutes
 - Hi/low impact exercise including dance steps
 - Chasse
 - Pas de Bourree
 - Jazz square
 - Cross point
 - Kick ball change
 - Three-step turn
- Body sculpting – light weight work to increase strength, firm and shape upper and lower body
 - Standing – lunges, squats, plies, sit-the-wall, heel raises, bicep curls, tricep extension, forearm flexors and extensors, deltoid raises
 - Floor work – abductors, adductors, erector spinae, latissimus dorsi, pectoralis
 - Abdominals – crunches, reverse curls, oblique exercises, transverse exercises, Pilates planks
- Final cool-down and static stretching
 - Perform a range of flexibility exercises
 - Focus on correct positioning
 - Practice breathing for relaxation
 - Return the body to resting state

VI. METHODS OF INSTRUCTION:

- Lecture and demonstration
- Student participation in class work-outs
- Reading assignments

VII. TYPICAL ASSIGNMENTS:

- Calculate ten-second target heart rate zone
- Apply choreographed movement routines as demonstrated in class

VIII. EVALUATION:

- Methods**

1. Exams/Tests
2. Class Participation
3. Other:

- a. Method

1. Student participation
 2. Record student's success in maintaining heart rate in target zone while exercise duration and intensity is increased
 3. Final Exam

B. Frequency

1. Frequency
 - a. Daily evaluation of student participation and progress

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)