

Las Positas College
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Course Outline for KIN DBS
DANCE AEROBICS/BODY SCULPTING
Effective: Fall 2013

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:

Letter or P/NP

Discipline:

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	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. Describe the benefits of exercise as it relates to a healthy lifestyle
- B. Maintain a continuing cardiovascular exercise program emphasizing postural awareness and muscular control.
- C. Demonstrate how to stretch effectively
- D. Correctly perform a range of strength-training exercises that focus on developing the muscles of the torso, lower body, and upper body
- E. Modify exercises to increase or decrease intensity

V. CONTENT:

- A. Warm-ups
 - 1. Simple body movements to increase tissue temperature and prepare the body for the remainder of the work-out
 - 2. Use the GRACE Principle (Gradual, Rehearsal, Action, Control, Energy) in warm-up preparation
- 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. Lecture and demonstration
- B. Student participation in class work-outs
- C. Reading assignments

VII. TYPICAL ASSIGNMENTS:

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

VIII. EVALUATION:

A. **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. Bishop, J.G. *Fitness Through Aerobics*. 8 ed., Benjamin Cummings Publishing Company, 2010.
2. Luft, B. *Aerobic Dance Exercise*. 5th ed., Stipes Publishing, 2007.
3. Written hand-outs will be provided.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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