

Las Positas College
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Course Outline for KIN BA

BALLET

Effective: Fall 2017

I. CATALOG DESCRIPTION:

KIN BA — BALLET — 0.50 - 2.00 units

Develop and practice basic techniques in ballet.

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. Construct and maintain a Personal Exercise Program within one's abilities and constraints.
- B. Compile basic exercise physiology, nutrition, flexibility and strength components into a healthy lifestyle
- C. Demonstrate safe and effective strength training principles and weight room etiquette
- D. Demonstrate correct and safe operation of various pieces of exercise equipment;
- E. Demonstrate knowledge of techniques to continually improve and maintain components of fitness over a lifetime.

V. CONTENT:

- A. individual exercise program
 1. classify disability
 2. organize personal goals
 3. work within doctor's stated abilities and limitations
- B. nutrition and exercise
 1. pre and post exercise nutritional needs
 2. eating habits to meet personal goals
 3. importance of hydration for optimal exercise benefits
- C. muscle groups used in each exercise
 1. exercises to use for all operable muscles for a healthy body
- D. flexibility of joints and range of motion
- E. principles of exercise
 1. overload
 2. range of motion
 3. sets and repetitions
 4. resting, training and recovery heart rate
 5. stretch
- F. proper weight room etiquette
 1. wipe down equipment after use and return weights on equipment to lightest place
 2. patience while waiting for an exercise station
 3. complete exercises in a timely manner and move to another station
 4. be aware of personal space
- G. correct method of doing exercises in personal program
 1. adapt exercises for personal benefit
- H. components of fitness to support wellness
 1. muscular strength
 2. muscular endurance
 3. cardiovascular endurance
 4. flexibility
 5. social and emotional wellness
 6. nutrition

VI. METHODS OF INSTRUCTION:

- A. Individual, small group, and class activities to enhance student training and performance
- B. Audio visual, internet, and/or handouts may be used
- C. Physical demonstration
- D. Lecture and verbal explanation
- E. Participation and practice of strength training exercises

VII. TYPICAL ASSIGNMENTS:

- A. Complete health history form, clearly communicating limitations, accommodations needed and desired goals
- B. Apply the "F.I.T.T." Principle to the cardiovascular endurance part of your workout
 - 1. Student would communicate the Frequency, Intensity, Time and Type of their cardiovascular workout to their instructor
 - 2. Identify and show correct core strengthening endurance exercises for one's disability
 - 3. Keep log of exercises, sets, repetitions, time, and weight used

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Class Performance
- 3. Other:
 - a. Methods
 - 1. Student participation
 - a. Effort demonstrated
 - b. In formal assessment of student's knowledge level related to exercises performed
 - 2.
 - a. Does student properly warm up and cool down independently?
 - b. Does student follow his/her program design?
 - c. Does student log exercises performed?
 - d. Does student ask for clarification or assistance when needed?
 - 3. Performance of proper technique
 - a. Proper breathing
 - b. Proper pace of lifting and lowering weight

B. **Frequency**

- 1. Frequency
 - a. Daily evaluation of student's progress/participation by instructor
 - b. Student's self evaluation

IX. TYPICAL TEXTS:

- 1. Fahey, Thomas D, Paul M. Insel, and Walton T. Rosh *Fit and Well-Brief Verson*. 9th ed., McGraw Hill, 2011.
- 2. Winnick, Joseph *Adapted Physical Education and Sport*. 5th ed., Human Kinetics, 2010.
- 3. none

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will provide their own clothing, foot apparel and towel for class participation.