

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN DBS
DANCE AEROBICS/BODY SCULPTING
Effective: Spring 2015

I. CATALOG DESCRIPTION:

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

A combination of energizing 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:

Family: Kinesiology Dance

	MIN	MAX
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. 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. Student participation
 - b. Record student's success in maintaining heart rate in target zone while exercise duration and intensity is increased
 - c. Final Exam

B. **Frequency**

- 1. 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. Villepigue, J., and H. Rivera. *The Body Sculpting Bible for Women: The Way to Physical Perfection*. 3rd ed., The Hatherleigh Company Limited, 2011.
- 3. Villepigue, J., and H. Rivera. *The Body Sculpting Bible for Men*. 3rd ed., The Hatherleigh Company Limited, 2011.
- 4. Other Primary Resources:
 - Luft, B. *Aerobic Dance Exercise* 5th ed. Champaign: Stipes Publishing, 2007. Print.
- 5. 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)