

Las Positas College
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Course Outline for KIN LDF

LINE DANCE FITNESS

Effective: Summer 2008

I. CATALOG DESCRIPTION:

KIN LDF — LINE DANCE FITNESS — 0.50 - 2.00 units

Fitness through line dancing to promote and maintain physical fitness. A variety of dances focus on rhythm, timing, choreography and coordination to improve muscle tone, strength and endurance. No partner required.

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:

- A. Demonstrate ability to line dance with rhythm;
- B. Demonstrate a knowledge and appreciation of rhythm and music as they relate to the line dance;
- C. Perform a variety of line dances
- D. Apply line dancing as a method of fitness exercising.

V. CONTENT:

- A. Line dance rhythm and dance movement fundamentals
- B. Line dance choreography and exercise
- C. Circulation improvement through strengthening and endurance exercises
- D. Balance, coordination and flexibility exercises

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Repetition of specific dances
- C. Student practice
- D. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:

A. Practice basic line dance steps: vine, shuffle, one half turn and full turn. B. Begin putting two or three basic steps together. C. Practice balance, coordination with warm up exercises.

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Class Participation
- 3. Class Performance
- 4. Other:
 - a. Methods
 - 1. Class performance
 - 2. Demonstrate knowledge of dance routines and application to: coordination, flexibility, balance, rhythm and timing
 - 3. Final Exam

B. **Frequency**

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

IX. TYPICAL TEXTS:

- 1. Handouts of line dance steps provided by instructor.

- X. OTHER MATERIALS REQUIRED OF STUDENTS:
- A. Comfortable loose fitting garments and non-skid shoes