

Las Positas College
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Course Outline for KIN ILD
INTERMEDIATE LINE DANCE FITNESS
Effective: Fall 2008

I. CATALOG DESCRIPTION:

KIN ILD — INTERMEDIATE LINE DANCE FITNESS — 0.50 - 2.00 units

Intermediate level line dances that focus on rhythm, timing, balance and coordination to improve muscle tone, strength and endurance. Line dance styling and technique to promote and maintain physical fitness. No partner required. Strongly recommended: Physical Education LDF or QLDF.

0.50 - 2.00 Units Lab

Grading Methods:

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: 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 using intermediate level steps and rhythms;
- B. demonstrate a knowledge and appreciation of rhythm, music and styling as they relate to line dance;
- C. perform a variety of intermediate level line dance;
- D. apply intermediate line dancing as a method of fitness exercising.

V. CONTENT:

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Repetition of specific dances
- C. Student participation
- 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 and coordination with warm up exercises

VIII. EVALUATION:

A. **Methods**

B. **Frequency**

- 1. Daily evaluation of student's progress/participation level

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.