

Course Outline of Record

1. Course Code: KINE-051
2.
 - a. Long Course Title: Dance, Aerobic
 - b. Short Course Title: DANCE, AEROBIC
3.
 - a. Catalog Course Description:
 This course provides beginning, intermediate, and advanced instruction in principles, techniques, and practices of fundamental movements used in rhythmic activities, basic dance, and exercise conditioning, with special emphasis on aerobics.
 - b. Class Schedule Course Description:
 This class uses dance movement as exercise conditioning.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
 • KINESIOLOGY
4. Total Units: 1.00 Total Semester Hrs: 36.00
 Lecture Units: 0.5 Semester Lecture Hrs: 9.00
 Lab Units: 0.5 Semester Lab Hrs: 27.00
 Class Size Maximum: 40 Allow Audit: No
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) N/A
7. Entrance Skills: *Before entering the course students must be able:*
a. be eligible to take college credit courses.
8. Course Content and Scope:
 Lecture:

<ol style="list-style-type: none"> 1. History of Dance aerobics 2. Variation and choreography design 3. Proper strategies for warm-up and cool down 4. Presentation of historical routines and inspiration of routine 5. Contemporary aerobics and dance with crosstraining principles

 Lab: (if the "Lab Hours" is greater than zero this is required)

<ol style="list-style-type: none"> a. Warm up exercises--flexibility and alignment. b. Locomotor movements. c. Strength building exercises. d. Cardiovascular conditioning. e. Aerobic techniques (basic to advanced). f. Basic to advanced choreography techniques. g. Cool down exercises, involving relaxation, and stretching techniques. h. Breathing techniques to facilitate varying needs of oxygen supply.

9. Course Student Learning Outcomes:
 1. Perform, with an increasing degree of proficiency, elementary fitness activities that demonstrate measurable improvements in coordination, aerobic capacity, muscular strength and overall flexibility.
 2. Demonstrate an understanding of the relationship between fitness, nutrition and weight management.
 3. Identify those health habits associated with optimum wellness and physical well-being.

KINE 051-Dance, Aerobic

10. Course Objectives: *Upon completion of this course, students will be able to:*
- Perform warm up exercises to stretch the body to prepare for a more vigorous exercise.
 - Demonstrate locomotor movements to set the body moving through space.
 - Demonstrate the strength that enables the body to sustain the movement to facilitate aerobic conditioning.
 - Identify proper nutrition as it relates to cardiovascular exercise and the working body.
 - Read resting, active, and recovery heart rates.
 - Demonstrate a higher energy level.
 - Change body composition by losing fat and increasing lean body mass.
 - Reduce stress and the byproducts of stress.
 - Reduce resting heart rate.
 - Improve lung capacity.
 - Describe the risks of cardiovascular disease.
 - Invoke a sense of discipline into their daily regimen.
 - Demonstrate an understanding of safety and injury prevention.
 - Establish short term and long term goal setting in a personalized fitness journal.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- Activity
- Clinical
- Collaborative/Team
- Demonstration, Repetition/Practice
- Discussion
- Experiential
- Individualized Study
- Lecture
- Observation
- Role Playing

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

a. In-class Assignments

- | |
|---|
| <ol style="list-style-type: none">Viewing of choreography.Muscular endurance testing as related to dance and fitness |
|---|

b. Out-of-class Assignments

- | |
|---|
| <ol style="list-style-type: none">Reading assignments.Preparation of aerobic choreography.Written evaluation of aerobic course as it relates to their personal fitness level. |
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13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- College level or pre-collegiate essays
- Written homework
- Critiques
- Self-paced testing
- Laboratory projects
- Field/physical activity observations
- Presentations/student demonstration observations
- Group activity participation/observation
- Self/peer assessment and portfolio evaluation
- True/false/multiple choice examinations
- Student participation/contribution

14. Methods of Evaluating: Additional Assesment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

periodic review and course update

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*

b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

a. Course Control Number [CB00]: CCC000268141

b. T.O.P. Code [CB03]: 83500.00 - Physical Education

c. Credit Status [CB04]: D - Credit - Degree Applicable

d. Course Transfer Status [CB05]: A = Transfer to UC, CSU

e. Basic Skills Status [CB08]: 2N = Not basic skills course

f. Vocational Status [CB09]: Not Occupational

g. Course Classification [CB11]: Y - Credit Course

h. Special Class Status [CB13]: N - Not Special

i. Course CAN Code [CB14]: *N/A*

j. Course Prior to College Level [CB21]: Y = Not Applicable

k. Course Noncredit Category [CB22]: Y - Not Applicable

l. Funding Agency Category [CB23]: Y = Not Applicable

m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): KINESIOLOGY

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 30

Third Year: 30

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 10/08/14