



DANS 133 - Barre Fitness Course Outline

Approval Date: 04/20/2017

Effective Date: 06/12/2017

SECTION A

Unique ID Number CCC000511783

Discipline(s) Dance
Physical Education

Division Kinesiology & Athletics

Subject Area Dance

Subject Code DANS

Course Number 133

Course Title Barre Fitness

TOP Code/SAM Code 1008.00 - Dance, General / E - Non-Occupational

Rationale for adding this course to the curriculum Name change and general update

Units 1 – 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00
to 0.00

Lab 0.00
to 0.00

Activity 36.00
to 54.00

Work Experience 0.00
to 0.00

Outside of Class Hours 18.00
to 27.00

Total Contact Hours 36
to 54

Total Student Hours 54
to 81

Open Entry/Open Exit No

Maximum Enrollment

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This is a course combining ballet barre techniques, core strength and stabilization, flexibility and conditioning techniques that help to improve the dance technique for dancers of any dance genre. Floor and barre' exercises are designed to enhance the dancer's agility, technique and overall fitness. Exercises and concepts presented in this course will enhance the performance skills of any student or athlete.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Students will apply knowledge of health and wellness principles to their dance practice.
- B. Students will demonstrate knowledge of dance technique to safely participate in dance activity/genre.
- C. Students will understand basic principles of anatomy, physiology, and/or bio-mechanics that apply to dance genre/activity.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Understand basic musculoskeletal anatomy, bio-mechanics and physiological components involved in dance technique.
- B. Apply generalized/functional movement safety guidelines to exercises.
- C. Incorporate barre techniques in personal workout for balance, strength and flexibility.
- D. Identify good eating, sleeping and exercise/recuperation/stress reduction habits that contribute to improved dance technique.
- E.

3. Course Content

- A. Introduction to basic bio-mechanical concepts applied during technique.
- B. Basic physiological responses to exercise.
- C. General safety guideline for movement safety during exercises.
- D. Guidelines and techniques for improving flexibility
- E. Accessing the transverse abdominus and other muscles contributing to core stabilization
- F. Exercises for strength, balance, agility, flexibility and core stability.
- G. Proper nutrition, exercise and sleep habits for optimal performance.
- H.

4. Methods of Instruction:

Discussion: Instructor or student-directed discussion relating to any lecture material.

Lecture: Formal lecture on subject matter with relating textbook assignment or

handout. Informal or impromptu lecture arising directly from the dancing experience.

Other: Demonstration: Instructor physically demonstrating movement patterns, dance combinations, floor, axial and locomotor exercises or techniques.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- Physical practical exams

Class Work -- exercises, anatomy and bio-mechanics involved to safely perform technique.

Home Work -- rReading, writing and practicing technique

Additional assessment information:

Physical practical exams

Example:

Testing on core exercises such as abdominal curls.

Written exams

Example:

In short essay form: describe the proper stretching technique for increasing hamstring flexibility.

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Example 1:

Read JOFFREY BALLET SCHOOL'S BALLET-FIT, from Chapter 2, 'Learning with the mind and body'.

Example 2:

Read BODYSTORIES: A Guide to Experiential Anatomy, pages 93-95 on the femur.

B. Writing Assignments

Write an essay describing function and difference between ligament and tendons.

Design a presentation explaining the importance of core stability in executing a grand battement tendu'.

C. Other Assignments

Attend a pilates or yoga class and write a short paper on how these techniques and exercises may benefit dance technique.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: DeVito, F., E. Halfpapp

Title: Barre Fitness

Publisher: Quarto Publishing Group

Date of Publication: 2016

Edition: 1

B. Other required materials/supplies.