**COURSE OUTLINE OF RECORD**

**Number:** DANC G105  
**Title:** Strength and Stretch

**Originator:** Martha Ramm Engle  
**Eff Term:** Fall 2018

**Formerly Known As:** Dance Conditioning and Stretches  
**Date of Outline/Review:** 10-17-2017

**Cross Listed Course:**

**Semester Units:** 1.0  
**Hrs Lec:** 18.0  
**Hrs Lab:** 18.0  
**Hrs Other:** 0.0  
**Contact Hrs Total:** 36.0  
**Study Non-Contact Hrs Recommended:** 36.0

**Catalog Description:**
This course provides instruction and practice in fundamental stretching techniques, strength conditioning and correction of body alignment. Students will learn stretch combinations on the floor, with partners and at the ballet barre. There will be discussions of anatomical theories and exercises leading to correct body alignment.

**Justification for Course:**

**Prerequisites:**

**Corequisites:**

**Advisories:**

**Assigned Disciplines:**
- Dance

**Material Fee:** Yes [ ] No [X] Amount: $0.00

**Credit Status:** Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

**Grading Policy:** Pass/No Pass [X] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

**Open Entry/Open Exit:** Yes [ ] No [X]

**Transfer Status:** CSU Transferable[ ] UC/CSU Transferable[X] Not Transferable[ ]

**Basic Skills Status:** Yes [ ] No [X]  
**Levels Below Transfer:** Not Applicable

**California Classification Codes:** Y - Not Applicable

**Non Credit Course Category:** Y - Not applicable, Credit Course

**Occupational (Sam) Code:** E

**Repeatable According to State Guidelines:** No [X] Yes [ ] Number Repeats:

**Required for Degree or Certificate:** No [ ] Yes [X]

Associate in Arts: Liberal Arts: Emphasis in Social Behavior and Self-Development (Associate in Arts)  
Dance (Associate in Arts)

**GE and Transfer Requirements Met:**
- CSU GE Area E: Lifelong Understanding and Self-Development  
  - E2 - Activity Course  
- GWC AA - Area E Lifelong Understanding and Self-Development  
  - Area E Lifelong Understanding and Self-Development

**Course Level Student Learning Outcome(s) Supported by this course:**
DANC G105-Strength and Stretch

1. Recall and perform appropriate stretching exercises.
2. Demonstrate improved body alignment, balance, strength and flexibility.
3. Demonstrate an understanding of basic nutrition information.

COURSE OBJECTIVES:
1. perform and recall appropriate stretching exercises.
2. demonstrate improved body alignment, balance, strength and flexibility.
3. demonstrate a knowledge of conditioning and stretching theories with anatomical information in order to evaluate their own body's flexibility and alignment needs.

COURSE CONTENT:

LECTURE CONTENT:
Students will actively participate in the content as listed in Lab Content.

LABORATORY CONTENT:

A. Warm-Up Technique -- Standing
   1. Neck, back, and hamstring stretches -- sagittal plane -- parallel and turned out
   2. Swings of arms, torso and legs
   3. Feet -- metatarsal stretches
   4. Side stretches -- frontal and transverse plane
   5. Front of the body (abdominal and thigh) stretches
   6. Isolations and rotations -- head, shoulders, ribcage, hip, arms, and ankles

B. Floor Stretches
   1. Hip socket rotation and leg extension exercises
   2. Back flexibility and rotary stretches
   3. Abdominal and back strengthening exercises
   4. Flex and extension of legs and feet in supine position
   5. Second position and split stretches

C. Partner Stretches
   1. Reciprocal innervation techniques
   2. Relaxation and stretch combinations

D. Ballet Barre Stretches
   1. Leg Extension on the barre stretches
   2. Resistance and pulling exercises for the back at the barre

E. Body Conditioning and Alignment Theories
   1. Pilates
   2. Alexander
   3. Feldenkrais
   4. Yoga

METHODS OF INSTRUCTION:

A. Lecture:
B. Lab:
C. Tutoring – noncredit:
D. Video One Way – Audio Two Way:
E. Independent Study:

INSTRUCTIONAL TECHNIQUES:
COURSE ASSIGNMENTS:

Reading Assignments
Reading list from library and handout sheets of conditioning, stretching, and body alignment for the dancer will be given in class.

Out-of-class Assignments

Writing Assignments
1. Write a personal evaluation of progress through the semester.
2. Demonstrate correct exercises and explain theories verbally or on written quiz.

METHODS OF STUDENT EVALUATION:
Midterm Exam
Final Exam
Short Quizzes
Written Assignments
Problem Solving Exercises
Oral Presentations
Skills Demonstration

Demonstration of Critical Thinking:
Students will demonstrate their understanding and execution of skills learned several times during the semester.

Required Writing, Problem Solving, Skills Demonstration:
1. Write a personal evaluation of progress through the semester.
2. Demonstrate correct exercises and explain theories verbally or on written quiz.

TEXTS, READINGS, AND RESOURCES:

Other:
1. Leotards, tights, dancewear, exercise clothes, sweat pants, bare feet. Appropriate dance/exercise shoes if required.

LIBRARY:
Adequate library resources include:

Comments:

Attachments:
Attached Files