Number: DANC G106  TITLE: Strength and Stretch 2 - Intermediate

ORIGINATOR: Martha Ramm Engle  EFF TERM: Fall 2018
FORMERLY KNOWN AS: Dance Conditioning, Intermediate
CROSS LISTED COURSE:

SEASONAL 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 intermediate level dance conditioning techniques, which includes Pilates training, Hatha yoga, gyrokinetics yoga, ballet floor barre and fitness training techniques. There will be discussion of nutrition and anatomical theories leading to correct body alignment.

JUSTIFICATION FOR COURSE:

PREREQUISITES:
COREQUISITES:
ADVISORIES:
• DANC G105: Strength and Stretch

ASSIGNED DISCIPLINES:
Dance

MATERIAL FEE: Yes [ ] No [X] Amount: $0.00
CREDITS: 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[X]  UC/CSU Transferable[ ] Not Transferable[ ]
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]
Dance(Iterator in Arts)

GE AND TRANSFER REQUIREMENTS MET:
CSU GE Area E: Lifelong Understanding and Self-Development
  E2 - Activity Course

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:
1. Recall and perform appropriate conditioning exercises.

2. Demonstrate improved alignment, balance, strength, and flexibility.

3. Demonstrate an understanding of basic nutrition information.

**COURSE OBJECTIVES:**
1. Recall and perform appropriate exercises.
2. Demonstrate improved alignment, balance, strength and flexibility.
3. Demonstrate knowledge of movement/dance theories and anatomy in order to evaluate their own technique needs.
4. Demonstrate an understanding of basic nutrition information and apply it to their bodies’ needs.

**COURSE CONTENT:**

**LECTURE CONTENT:**
- Lecture material covering:
  1. Anatomical theories of exercises
  2. Dance training
  3. Nutritional food plans
  4. Body weight evaluation

**LABORATORY CONTENT:**
- Warm-up Techniques
  - A. Standing and Traveling
  - B. Large muscle groups
  - C. Raising heart rate

- Exercises on Floor
  - A. Pilates mat work
  - B. Yoga poses
  - C. Breathing techniques
  - D. Modern dance stretches
  - E. Strength training

- Small Apparatus work
  - A. Theraband stretch band exercises
  - B. Ball work
  - C. Light weights
  - D. Foam roller exercises
  - E. Ballet barre work
  - F. Partner stretches

- Chair work
  - A. Gyrokinesis yoga exercises performed with small stools and chairs
  - B. Proper gyrokinesis yoga breathing techniques

- Pilates reformer
  - A. Specific movement patterns performed on the pilates reformer to strengthen and develop
METHODS OF INSTRUCTION:

A. Lecture:
B. Lab:
C. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:
   Reading Assignments
   A. Required Reading such as:

   Instructor prepared handouts of information related to exercise theories and nutritional analysis.

   Consult following websites:
   www.pilates-studio.com
   www.pilates.net
   www.gyrotonic.com
   www.omyoga.com
   www.alineconditioning.com
   www.weightwatchers.com

   Out-of-class Assignments

   Attend one live dance performance given at GWC during the semester.

   Writing Assignments
   1. Write a personal evaluation and goals paper at beginning and end of semester.
   2. Demonstrate correct exercises and explain theories verbally or on written test.
   3. Write a 3-to-5 day food diary.
   4. Write an exercise plan to be followed when not in a formal conditioning class.
   5. Write a final evaluation and goals paper at the end of the semester.

METHODS OF STUDENT EVALUATION:

Midterm Exam
Final Exam
Short Quizzes
Written Assignments
Oral Presentations
Skills Demonstration

Demonstration of Critical Thinking:

Students will demonstrate their understanding of various techniques by the execution of learned patterns several times during the semester.

Students will evaluate their progress by comparing their goals from the beginning of the semester to their final goal assessment.

Required Writing, Problem Solving, Skills Demonstration:

1. Write a personal evaluation and goals paper at beginning and end of semester.
2. Demonstrate correct exercises and explain theories verbally or on written test.
3. Write a 3-to-5 day food diary.
4. Write an exercise plan to be followed when not in a formal conditioning class.
5. Write a final evaluation and goals paper at the end of the semester.

TEXTS, READINGS, AND RESOURCES:

TextBooks:

**Other:**

1. References to websites to assist students will be suggested by the instructor: Nutrition, Pilates, Gyrotonics, Yoga and Dance injuries/prevention.

Leotards, tights, dancewear, exercise clothes, fitted tee shirt, sweat pants, bare feet. Appropriate dance/exercise shoes if required.

**LIBRARY:**

Adequate library resources include:

**Comments:**

**Attachments:**

[Attached Files]