

# DANC A106: STRENGTH AND STRETCH

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	100810 - Commercial Dance
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
Associate Science Local General Education (GE)	• OCC Arts - AS (OSC1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Strength and flexibility exercises and their application to dance technique will be selected to target major muscle groups that need maximum efficiency and range of motion. The course will address both the adaptation of exercises to the individual for maximum benefit and application to movement patterns. Also applicable to any sport. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Demonstrate appropriate application of skills needed to improve strength and flexibility.
2. Evaluate student progress of strength, flexibility, stability and balance in writing.

## Course Objectives

- 1. Demonstrate improved strength in each of the major muscle groups studied.
- 2. Demonstrate improved flexibility in major muscle groups.
- 3. Demonstrate improved range of motion in the joint areas.
- 4. Identify in writing the major muscle groups used in the course.
- 5. Identify in writing the major skeletal landmarks used in the course.

## Lecture Content

Orientation, requirements, and procedures Objectives based on course syllabus Introduce skeletal and muscular "landmarks" and vocabulary to be used in course Body care importance of using correct stretching

and strengthening procedures introduction to alternative forms: Pilates, Bartenieff Fundamentals, Gyrotonic Guidelines for developing a personal strength and stretch program Preparation for activity Order of exercises Intensity required Special needs

## Lab Content

Pre-assessment of each students strength and flexibility Introduce basic workout for major muscle groups Practice of this basic workout Specific exercises targeting strength in the following body areas: neck and shoulder muscles arms and wrists torso muscles abdominals lower back and hips thighs and legs feet Specific exercises and techniques for flexibility in major muscle groups Introduction of basic movement skills needed for any dance technique Movements across the floor utilizing principles of strength and flexibility more in-depth study of each body area with increased awareness and exercises designed for individual differences study of using the body efficiently as a unit vs. separate body parts integrating the strength and flexibility into moving across the floor or in accomplishing specific task oriented movements Continued practice Assessment and evaluation at end of course

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture and demonstration, individual/pairs/small group work, instructor feedback, video taping of skill testing, video viewing, writing assignments

## Reading Assignments

Students will spend approximately one hour a week reading their book or handouts.

## Writing Assignments

Students will spend approximately half an hour with weekly journal writing and a written self-evaluation.

## Out-of-class Assignments

Students will spend approximately half an hour a week watching strength and stretch DVDs and/or practicing skills learned in class.

## Demonstration of Critical Thinking

Attendance and participation, teacher evaluation, skill demonstrations, written tests, and assignments

## Required Writing, Problem Solving, Skills Demonstration

Written assignments, tests, and skill demonstrations

## Textbooks Resources

1. Required Alter, J. Stretch and Strengthen, latest ed. Mariner, 1992  
Rationale: industry standard

## Other Resources

1. Selected handout materials will be provided and distributed by the instructor.
2. Video viewing: Keeping Dancers Dancing. The Thinking Body