

DANC A107: CONDITIONING FOR DANCE

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	100810 - Commercial Dance
Units	.5-2 Total Units
Hours	18-72 Total Hours (Lecture Hours 4.5-18; Lab Hours 13.5-54)
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

A program combining skills from dance and exercise designed to improve alignments, strength, flexibility, coordination, balance and endurance for greater technical ability in dance and other athletic studies. 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 improved alignment, form, strength and flexibility in dance conditioning exercises.
2. Identify conditioning principles and analyze their application to conditioning exercises.

Course Objectives

- 1. Demonstrate an increase in flexibility and range of motion.
- 2. Demonstrate improved muscular strength and body alignment.
- 3. Demonstrate improved movement memory.
- 4. Demonstrate increased cardiovascular fitness level.
- 5. Describe and/or demonstrate methods for injury prevention, relaxation, balance and coordination.

Lecture Content

Orientation to course and requirements Course objectives based on syllabus Student goals Terminology to be used in class based on course outline Principles of conditioning

Lab Content

"Alignment" - What is it. And why do we want to achieve good alignment. Basic strength and flexibility exercises to improve alignment, for abdominals, back, torso, legs, arms Correct breathing Introduction of basic locomotor movements used in dance classes; walks, runs, slides with changes of direction Demonstration of understanding of theories, improved alignment, and movement Techniques of strengthening and stretching Beginning/intermediate level workout using mat exercises for abdominals, back, legs Beginning/intermediate level locomotor movements including skipping, waltz step, ball change Use of "flowing" movement – coordination Use of "theraband," small free weights, and other aids for strength and flexibility. Intermediate level workout using mat exercises, standing center floor and movement combinations with changes of direction, level, speed, and energy Warm-ups using movement from various dance forms; ballet, barre, jazz, center floor, modern dance improvisations. Relaxation and self-care techniques Evaluation/technique and improvement and critical thinking

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 read from their text and handouts for approximately 1 hour a week

Writing Assignments

Students will spend 1-2 hours a week writing in their journal and writing about dance performance in relation to this class.

Out-of-class Assignments

Students will spend approximately 1 hour a week practicing skills learned in class and/or watching DVDs about body conditioning

Demonstration of Critical Thinking

Attendance, participation, improvement in strength, flexibility and motor skills, skills demonstration, written work, and final exam

Required Writing, Problem Solving, Skills Demonstration

Written journal, dance critique, and proficiency demonstration of movement skills

Textbooks Resources

1. Required Franklin, Eric. Conditioning for Dance, ed. Champaign: Human Kinetics,, 2004 Rationale: -

Other Resources

1. Selected handout materials will be provided and distributed by the instructor.
2. Video tapes and DVDs available: Pilates mat, and others.