

DANC A118: MOVEMENT FOR LONGEVITY

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 Active Participation - AA (OC2) • 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

Designed to develop strength, flexibility, ease of motion for the maturing body. The course will address bone density and balance through dance and movement practices. Appropriate for non-dancers as well as dancers. 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 the ability to improve alignment and flexibility and move with more efficiency and ease.
2. Analyze their overall health and formulate an exercise plan to improve their overall health and wellness.

Course Objectives

- 1. Demonstrate an increased range of motion and flexibility in muscle groups.
- 2. Demonstrate improved breathing techniques.
- 3. Demonstrate an ability to perform everyday functional movements with greater efficiency and ease.
- 4. Explain in writing or verbally the correlation between nutrition, fitness, and health.
- 5. Demonstrate the ability to develop a personal dance workout plan.

Lecture Content

Orientation class requirements and procedures course objectives and syllabus Student goals and assessment of current skills Terminology: dance terms anatomical terms conceptual terminology Principles of breathing and postural alignment Preliminary evaluation of personal level of conditioning Flexibility Balance Strength mobility Introduction of basic dance and conditioning movement to be used Introduction of breathing and alignment exercises Introduction of stress management or energy level management through relaxation techniques Learn efficient movements to improve functional, everyday movement patterns in relation to osteoporosis and other common impediments Evaluation of knowledge

Lab Content

Give skill screening assessment of personal level of conditioning Flexibility Balance Strength mobility Warm up exercises to prepare body for activity, increase range of motion and flexibility Hips Back Legs Arms Neck Introduction of basic dance and conditioning movement to be used Introduction of breathing and alignment exercises Basic dance warm-up abdominal strengthening back extension work correct use of feet in movement and stance Basic stretching exercises Back Hips legs Continued practice of exercises Learn efficient movements to improve functional, everyday movement patterns Evaluation of skills and knowledge Intermediate warm up exercises to prepare body for activity, strength, flexibility, range of motion Exercises using breathing and alignment Basic ballet barre Stretching exercises Movements in center floor for balance and control Movements across the floor for shifts of weight Evaluation of skills and knowledge

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture and demonstration, discussion, individual/paired/small group work, instructor feedback, video viewing, development of individual workout plan

Reading Assignments

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

Writing Assignments

Students will spend approximately 1 hour a week writing papers about assigned topics related to aging and dance.

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 and participation, written journal assignments, written test on terminology, skill demonstration, peer evaluation, final project

Required Writing, Problem Solving, Skills Demonstration

Written assignments, workout plan, dance critique, written test on terminology, proficiency/skills demonstration

Textbooks Resources

1. Required Betz, S.R.. Osteoporosis Exercise Book:Building Better Bones, ed. Osteo Physical Therapy, 2008 Rationale: Addresses issued of the mature body

Other Resources

1. Written supplementary materials will be handed out in class.