

DANC G105: STRENGTH AND STRETCH

Item	Value
Curriculum Committee Approval Date	11/17/2020
Top Code	100800 - Dance
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
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)
Local General Education (GE)	• GWC Lifelong Understanding (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Formerly: Dance Conditioning and Stretches. 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. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Apply conditioning and stretching theories including anatomical information for dancers at a beginning level.
3. Evaluate flexibility and alignment needs for a dancer at a beginning level.
4. Use yoga and pilates techniques for dancers at a beginning level.

Course Objectives

- 1. Perform stretching exercises.
- 2. Demonstrate improved body alignment, balance, strength and flexibility.
- 3. Define principles of basic nutrition for a beginning-level dancer.

Lecture Content

Basic anatomy for dancers Body Conditioning and Alignment Theories
Pilates Alexander Feldenkrais Yoga Theories and Techniques Relaxation
Breathing Visualization

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

Reading Assignments

Instructor handouts: Conditioning, stretching, and body alignment for the dancer

Writing Assignments

Written explanations of movement theories. Analysis and written critiques of visual materials (video, DVD, digital, online) as assigned. Attend one live dance performance at Golden West College for the purpose of written evaluation.

Out-of-class Assignments

Attend other strength and stretch classes in the community for extra credit. Analysis and critiques of visual materials (video, DVD, digital, online) as assigned. Written personal evaluation of progress through the semester as required. Attend one live dance performance at Golden West College for the purpose of written evaluation.

Demonstration of Critical Thinking

Analysis and critiques of visual materials (video, DVD, digital, online) as assigned.

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.
3. Demonstrate their understanding and execution of skills learned multiple times in the course of the semester.

Eligible Disciplines

Dance: Masters degree in dance, physical education with a dance emphasis, or theater with dance emphasis, OR bachelors degree in any of the above AND masters degree in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent. Masters degree required.

Textbooks Resources

1. Required Franklin, E. Conditioning for Dance, Second ed. Human Kinetics, 2019

Other Resources

1. Leotards, tights, dancewear, exercise clothes, sweat pants. Appropriate dance/exercise shoes if required Instructor provided handouts Analysis and written critiques of visual materials (video, DVD, digital, online) as assigned