

DANC G106: STRENGTH AND STRETCH 2 - INTERMEDIATE

Item	Value
Curriculum Committee Approval Date	03/15/2022
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, Intermediate. This course provides instruction and practice in intermediate level dance conditioning techniques, which can include Pilates training, Hatha yoga, gyrokinesis yoga, ballet floor and barre, and fitness training techniques. There will be discussion of nutrition and anatomical theories leading to correct body alignment. ADVISORY: DANC G105. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Perform conditioning exercises at an intermediate level.
3. Apply improved alignment, balance, strength, and flexibility at an intermediate level.
4. Use information on nutrition, and principles of anatomical theory to execute intermediate level conditioning exercises.

Course Objectives

- 1. Use intermediate level ballet barre techniques in appropriate exercises.
- 2. Demonstrate yoga and Pilates techniques for dancers at an intermediate level.
- 3. Demonstrate intermediate level exercises to safely strengthen and stretch a dancer.

Lecture Content

Theories of exercises Pilates Floor Pilates Reformer Alexander Feldenkrais Yoga Principles of dance training Formal study Personal

workouts Group classes Nutrition and health Food plans Body weight evaluation Healthy exercise

Lab Content

Warm-up exercises Standing Traveling Large muscle groups Raising heart rate Floor work Pilates mat work Yoga Breathing techniques Modern dance stretches Strength training Small Apparatus Theraband stretch band exercises Ball work Light weights Foam roller exercises Ballet barre work Partner stretches Chair work Gyrokinesis yoga exercises performed with small stools and chairs Proper gyrokinesis yoga breathing techniques Pilates reformer Specific movement patterns

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Reading Assignments

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

Writing Assignments

Written explanations of movement theories. Analysis and written critiques of materials as assigned. Attendance at one live dance performance for the purpose of written evaluation. Written personal evaluation of progress as required. Written food diary/journal as required.

Out-of-class Assignments

Attendance at one live dance performance for the purpose of written evaluation. Attendance at strength and stretch classes in the community for extra credit. Analysis and critique of materials as assigned. Written personal evaluation of progress as required. Written food diary/journal as required.

Demonstration of Critical Thinking

Students will evaluate their progress by comparing goals from the start to the finish of the semester.

Required Writing, Problem Solving, Skills Demonstration

Demonstrate various techniques through the execution of learned patterns several times during the semester. Write a personal evaluation and goals paper at beginning and end of semester. Demonstrate correct exercises and explain movement theories verbally or in writing. Write a food diary/journal as assigned. Write an exercise plan to be followed when not participating in a formal conditioning class.

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 Eric Franklin. Conditioning for Dance, Second ed. Human Kinetics, 2019

Other Resources

1. Internet websites and other materials as specified by the instructor.
2. Leotards, tights, dancewear, exercise clothes, sweat pants.
3. Appropriate

dance/exercise shoes if required. 4. Instructor provided handouts. 5. Analysis and written critiques of materials as assigned.