

# All Fields Report

## Basic Course Information

College	Cañada College
Discipline	DANC-Kinesiology - Dance
Course Number	350.1
Full Course Title	Cardio Dance I
Catalog Course Description	Beginning level steps, stretches, and toning exercises choreographed to Latin, hip hop, jazz, ballet, modern, popular, and contemporary dance rhythms. Designed to increase cardiovascular health while learning dance movements in a non-competitive environment.

## Proposal Information

Proposed Start	Year: 2022 Semester: Fall
Proposed Curriculum Committee Meeting Date:	11/19/2021
Deadline for submission to Dean's Queue:	10/14/2021
Deadline for submission of curriculum proposal to the Technical Review Committee:	10/26/2021
Proposal Origination Date:	06/14/2020

Justification For Board Report OR Curriculum Inventory update:	<p>1. <b>For NEW Courses:</b> Provide a brief justification statement describing the need for the course, its place in the curriculum, and pertinent information such as the role of advisory committees. New courses require approval of the SMCCCD Board of Trustees. The justification statement will be included on the annual Curricular Board report. Use complete sentences and present tense.</p> <p>2. <b>For all types of Course MODIFICATIONS (modifications, banking, deletions and reactivations):</b> Provide a brief justification statement describing the need for the change. The justification statement will be used for course updates in the State Curriculum Inventory as necessary. Use complete sentences and present tense.</p> <p>Cardio Dance is a course which focuses on conditioning while using dance steps. We are expanding our dance curriculum to fit the needs of our dance students, and offer more learning opportunities to students in our new building. This class is a selective requirement for our Dance AA Degree.</p>
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Honors Course	No
Open Entry/Open Exit	No 0

## Equivalent Courses

Will this course replace an existing course in the catalog, or an experimental course?	No
If yes, identify and explain.	

## Similar Courses

Is there a similar or	Yes
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equivalent course in SMCCCD?	
Added Similar Courses	DANC 350.1 (Skyline College)

Units/Hours				
Unit Types	Fixed			
Units	Min: 1.00			
Variable Range	Range (or)			
Hours				
Please enter hours as per term values				
Method	Min Hours	Max Hours	Min Faculty Load	Min Units
Lecture	0.00	0.00	0.00	0.00
Lab	48.00	54.00	2.40	1.00
TBA	0.00	0.00	0.00	0.00
Work Experience	0.00	0.00	0.00	0.00
Field Experience	0.00	0.00	0.00	0.00
Other	0.00	0.00	0.00	0.00
Homework	0.00	0.00	0.00	0.00
Other Hours				
Course Details				
Repeatable for Credit	No			
Grading Methods	Grade Option (Letter Grade or Pass/No Pass)			
Audit	Yes			

Materials Fee	
Fee Required?	No

Student Learning Outcomes
Upon successful completion of this course, a student will meet the following outcomes:
1. Demonstrate an improvement in strength, stamina and flexibility developed through beginning level cardio dance activities.
2. Create a beginning level aerobic routine (including warm up and cool down periods), incorporating a variety of dance moves such as isolations, jazz walks, body rolls and basic turns.
3. Develop personal wellness goals geared toward improvement of lifestyle habits and evaluate progress toward healthy changes at a beginning level.

Course Objectives
Upon successful completion of this course, a student will be able to:
1. Develop physical capacity to maximize the training effects of aerobic exercise via cardio dance at a beginning level.
2. Understand the important relationship between consistent aerobic exercise and health at a beginning level.
3. Identify principles and dynamics of cardiovascular training at a beginning level.
4. Demonstrate the correct anatomical alignment needed to perform exercises safely at a beginning level.

5. Achieve improvement from per-assessment to post-assessment fitness testing scores, in areas such as: flexibility, body composition, abdominal crunches or step test at a beginning level.

## Course Lecture Content

## Course Lab Content

### 1. Physical Activity Designed to Prepare for Cardiovascular Health

#### 1. Warm up Exercises

1. Increasing heart rate - Level I dance steps that increase heart rate.
2. Strength - Sit ups, push ups, calf lifts, planks, squats, etc.
3. Flexibility - Lunges, hamstring stretches, foot flexion, hip openers, arm swings, etc.
4. Developing the body for dance, emphasis on body alignment.
5. Body isolations: Head, shoulder, ribcage, pelvis.

#### 2. Monitoring intensity:

1. Talk Test
2. Rate of Perceived Exertion (RPE) Chart
3. Target heart rate zones
4. Taking your 60 second pulse

### 2. Physical Activities to Increase Wellness, Safety and Flexibility

1. Cool Down Routine: low intensity Level I dance steps to gradually decrease heart rate.

#### 2. Flexibility Training

1. Importance of maintaining flexibility
2. Various methods for improving flexibility
3. Static versus ballistic stretching

### 3. Cardiovascular Training and Fitness Information

#### 1. Five Fitness Factors and Relation to the Pre- and Post-Fitness Assessment

1. Cardiovascular Endurance
2. Muscular Strength
3. Muscular endurance
4. Flexibility
5. Body Composition

#### 2. Aerobic Training Zone

1. Zone 1: Very light, 50 percent to 60 percent of Maximum Heart Rate (MHR)
2. Zone 2: Light, 60 percent to 70 percent of MHR
3. Zone 3: Moderate, 70 percent to 80 percent of MHR
4. Zone 4: Hard, 80 percent to 90 percent of MHR
5. Zone 5: Very hard, 90 percent to 100 percent of MHR

#### 3. Training Safety

1. Importance of the warm up and cool down
2. Dynamic movements to warm up
3. Gradual increase in intensity
4. Movement patterns and exercises that decrease the risk of injury

#### 4. Beginning Applied Anatomy and its Relation to Body Alignment and Movement.

1. Spine Alignment
2. Pelvic Alignment
3. Foot Movement

### 4. Creating a Cardio Routine using dance steps

1. 8-Count Format
2. Complexity of Dance steps
  1. Level I dance steps
  2. Various Levels of Effort
  3. Various Levels of Impact on Joints
3. Warm Up & Cool Down Attributes
  1. Dynamic vs. Static Stretching
5. Level I Choreographed Practiced Routines
  1. Level I Latin dance steps
  2. Level I hip hop dance steps
  3. Level I jazz and ballet dance steps
  4. Level I modern and contemporary dance steps
6. Conditioning Benefits for Dance
  1. Prevention of injury
  2. Building cardiovascular endurance
  3. Proper stretching
7. Health Benefits of Aerobic Exercise
  1. Determinants of caloric expenditure
  2. Importance of regular physical activity in maintaining health

## TBA Hours Content

### Frequently Recommended Preparation

#### Frequently Recommended

Eligibility for READ 836 and ENGL 836; or ENGL 847 or ESL 400.

#### Writing

1. Write complete sentences and unified paragraphs.
2. Use correct basic punctuation, grammar and syntax.

#### Reading

1. Read material at 9th grade level accurately and with good comprehension.
2. Determine word meanings of vocabulary used in material at this level.

### Justification for Frequently Recommended Preparation

**Why is the knowledge of the recommended course(s), skill(s) or information necessary for students to succeed in the "target" course? Specify the relationship between the recommended knowledge and skills required of students and those taught in the "target course? (Please list the specific proficiencies students must possess in order to succeed in the "target" course.)**

There will be writing assignments and reading assignment from a dance book. Therefore, students need to be able to write complete sentences and read a material at 9th grade level.

### Other Recommended Preparation

*You have no defined requisites.*

## Prerequisites/Corequisites

*You have no defined requisites.*

### Content Review

*You have not defined content review.*

### Mode of Delivery

#### Modes of Delivery

Online  
Hybrid  
Lab

### Representative Instructional Methods

#### Methods

Lab  
Critique  
Activity  
Discussion  
Individualized Instruction  
Observation and Demonstration

#### Other Methods

### Representative Assignments

#### Writing Assignments

**(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)**

- Worksheet on exercise target heart rate and training principles (1 page, once per semester)
- Written essay on benefits of activity as a means of disease prevention (approximately 250 words, once per semester)
- Written description of Level I cardio routine (approximately 250 words, once per semester)

#### Reading Assignments

**(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)**

- approximately 5-10 pages of reading per week from the assigned book.

#### Other Outside Assignments

**(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)**

- None.

### To be Arranged Assignments

(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)

- Not applicable

### EXPOSITORY AND ARGUMENTATIVE ESSAYS: (Inactive, don't use)

A. Worksheet on exercise target heartrate B. Research exercise on benefits of health and fitness C. Student choreographed aerobic routine with written paper 250 words depicting routine D. Improvements on fitness testing scores E. 40-45 pages of reading from instructor generated handouts F. Critical analysis of heartrate information and other factors as it relates to program modification

### Representative Methods of Evaluation

This section defines the ways students will demonstrate that they have met the student learning outcomes.

Student grades will be based on multiple measures of student performance. Instructors will develop appropriate classroom assessment methods and procedures for calculating student grades, including the final semester grade. The following list displays typical assessment methods appropriate for this course. The actual assessment methods used in a particular classroom and section will be listed in the instructor's syllabus.

Methods must effectively evaluate critical thinking. Credit courses must include written communication, problem solving, and/or skills demonstrations.

Multiple measures may include, but are not limited to, the following:

#### Methods

- Class Participation
- Class Performance
- Class Work
- Exams/Tests
- Final Class Performance
- Final Performance
- Group Projects
- Lab Activities
- Papers
- Written examination

### Representative Texts

Textbooks such as the following are appropriate:

**Formatting Style** | APA

#### Textbooks

1. Kish, R. & Morton J.. *Dancing Longer, Dancing Stronger: A Dancer's Guide to Conditioning, Improving Technique and Preventing Injury*, 2nd edition ed. Princeton Book Company, 2019

#### Manuals

*You have no manuals defined.*

**Periodicals**

*You have no periodicals defined.*

**Software**

*You have no software defined.*

**Other**

1. Instructor generated handouts on cardiovascular fitness and the other factors (muscular strength, muscular endurance, body composition and flexibility) related to general fitness. Handouts may also include information related to nutrition, stress reduction and other factors that are part and parcel of the wellness concept.

**Degree/Certificate Applicability**

<b>Designation</b>	Degree Credit
<b>Proposed For</b>	AA/AS Degree
<b>Course Designation Text</b>	Are there degrees/certificates to which this course applies? 1. DANCE AA Degree Program 2. KINESIOLOGY AA Degree Program

**General Education/Degree/Transfer Course**

Page Last Saved on Thursday, Sep 23, 2021 at 12:32 PM

By Jose Pena

**CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT**

E2 Pending

**CSU Transfer Course**

Transfers to CSU Approved

**Cañada GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT**

E2 Pending

**Cañada: BASIC COMPETENCY REQUIREMENTS**

Physical Education Approved

**UC Transfer Course**

Transfers to UC Pending

**Course Distance Education**

<b>Distance Ed Supplement</b>	New distance education supplement
<b>Distance Education</b>	Distance education component was developed by an instructor with training in online pedagogy. Training: An instructor with training and certification in the district approved Learning Management System (LMS) and online pedagogy such as QOTL will develop and teach this course.
<b>Method of Distance Education</b>	Online, Hybrid, Web Assisted Course; (If there are limitations on how this course would be offered please explain below)
<b>Online Method Limitations</b>	Students will use an instructor-provided self-assessment instrument to determine their base line fitness level (pre- and post-tests). Lectures, cardio dance routines, and movement

	feedback will be presented either synchronously or asynchronously through 2-way video.
<b>Other Methods</b>	
<b>Course Content and Methodology</b>	<p>The objectives and content of the course are adequately covered by the methods of instruction, assignments, evaluation of student outcomes, and instructional materials. If this course is currently taught in a lecture mode, the department faculty have determined that the same objectives can be achieved in a distance learning mode.</p> <p>The instructional equipment and materials are sufficient.</p> <p>The preparation and training of faculty are sufficient.</p> <p>Regular personal contact between students and instructor is sufficient.</p> <p>Methods of student evaluation are designed to maintain examination security.</p> <p>Evaluation of student outcomes is sufficient to permit review and assessment of the effectiveness of distance education for this course and to provide information for the annual distance education report.</p>
<b>Instructional Methodologies (How will you deliver the course content?):</b>	<p>Announcements/Bulletin Boards</p> <p>Chat Rooms</p> <p>E-mail</p> <p>Electronic Forum</p> <p>One-Way Video Conferencing (One-way interactive video and two-way interactive audio)</p> <p>Online Presentations</p> <p>Resource Links</p> <p>Telephone</p> <p>Two-Way Video conferencing (Two-way interactive video and audio)</p> <p>Video one-way (ITV, Video cassette, radio, ect.)</p>
<b>Representative Courseware/Textbooks Materials:</b>	<p>Other: Instructor generated handouts on cardiovascular fitness and the other factors (muscular strength, muscular endurance, body composition and flexibility) related to general fitness. Handouts may also include information related to nutrition, stress reduction and other factors that are part and parcel of the wellness concept.</p>
<b>Methods of Evaluation of Student Performance:</b>	<p>Any and all quizzes, exams, and journal writing will be submitted online using online learning platform. Online discussions, Wikis, and Forums will take place weekly to ensure regular student to student contact and evaluate student understanding of concepts. Students will be asked to submit video of their participation in Cardio Dance activities in order that the instructor may critique and correct technique/mechanics, and respond to the student via video or audio. Instructor may also critique students during synchronous Cardio Dance activity.</p>
<b>How are you ensuring that students with disabilities can access your course in accordance with Section 508?</b>	<p>This course, resources and materials are / will be designed and delivered taking into account Section 508 of the U.S. Rehabilitation Act, best practices for designing online courses, and the Distance Education Accessibility Guidelines set forth by the California Community Colleges Chancellor's Office. Our goal is to ensure that communications and the course taking experience are the same for students with or without disabilities and ensuring that all students have maximum opportunity to access the course resources "anytime, anywhere" without the need for outside assistance. Course content delivery will include properly formatted, accessible content using online teaching best practices, including eTexts with accessible page layout, contrast and color, hyperlinks, and alt text tags for images as well as accessible versions of PowerPoint and PDF files. In addition, video and audio will be closed-captioned and have transcripts. Faculty will provide descriptive links or instructions on how to download any software for outside resources, ensure that all links are descriptive, active, and working, and provide links to other on-campus resources such as Learning Center, Counseling Department, and Library.</p>

**Plan for Regular Effective Communication Contact Between Faculty and Student (Title 5, 55204). "Local policies should establish and monitor minimum standards of regular effective**

## contact."

**Announcements/Bulletin Boards** - Weekly or Bi-weekly announcements will consist of reminders of upcoming assignment due dates, addressing of common technique errors, etc.

**Discussion Boards** - Weekly or biweekly threaded Discussion board posts will allow students to engage with each other and the instructor.

**Email Communication** - Instructor will respond to email within 24 hours Monday through Friday.

**FAQ** - Once per semester, FAQ page will be provided to students and available throughout the semester. Instructor will update FAQ page when necessary

**Resource Links** - Once per semester, instructor will provide live links to campus resources such as, but not limited to, Health Center, Tutoring/ Learning Center, Spark Point, Counseling, Personal Counseling, Transfer Center, Canvas help, instructor email and office phone, etc.

**Office hours** - Weekly

**Telephone** - Instructor will return all phone messages within 24 hours Monday through Friday and be available by phone during posted office hours.

## Resources Needed

<b>Adequate Library Resources</b>	Consultation with the Coordinator of Library Services regarding the adequacy of campus and online information resources to fulfill course objectives is required prior to course approval. Adequate Please Specify:
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<b>Affected Resources</b>	Which of the following resources do you expect to be affected by the offering of this class? Check as many as appropriate.
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None of the above

**Explain what effect the areas you have checked will have upon this college:**

## Comparable Transfer Course Information

<b>Are there comparable courses?</b>	Yes
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<b>Edit/Del</b>	<b>College Info</b>
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CSU

CSU San Bernadino

2017-2018

Dance Activities: Aerobic DANC 150A

KINE 150A. Dance Activities: Aerobic Development of proficiency and practice in basic dance skills including the exploration, expression and creativity of movement as utilized in a variety of dance forms.

UC

UC Santa Cruz

2020-2021

Fitness Activities: Physical Conditioning PHYE 30G

## Minimum Qualification

No Minimum Qualifications For this Course

## CB Codes

<b>CB03 TOP Code</b>	0835.00 - Physical Education
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<b>CB04 Course Credit Status</b>	D - Credit - Degree Applicable
<b>CB05 Course Transfer Status</b>	A = Transferable to both UC and CSU
<b>CB08 Course Basic Skill Status (PBS Status)</b>	2N = Course is not a basic skills course.
<b>CB09 SAM Code</b>	E - Non-Occupational
<b>CB11 California Classification Codes</b>	Y - Credit Course
<b>CB21 Levels Below Transfer</b>	Y = Not Applicable
<b>CB23 Funding Agency Category</b>	Y = Not Applicable
<b>CB25 Course General Education Status</b>	Y - Not Applicable
<b>CB26 Course Support Course Status</b>	N - Course is not a support course

### Codes/Dates

#### Entry of Special Dates

<b>Instruction Office Review</b>	11/19/2021
<b>Last Outline Revision</b>	11/19/2021
<b>Content Review</b>	
<b>CC Approval</b>	11/19/2021
<b>DE Approval</b>	11/19/2021
<b>Effective Term</b>	Term: Fall Year: 2022

### Web Catalog

<b>Course Family</b>	
<b>Web Catalog</b>	<input type="checkbox"/> Exclude from Web Catalog

### Instructional Services

<b>Implementation Date</b>	
<b>Originator</b>	Ana Miladinova
<b>Origination Date</b>	06/14/2020
<b>Proposal Type</b>	Cañada New Course
<b>C-ID Numbers</b>	
<b>CB00 State ID</b>	
<b>CB03 TOP Code</b>	0835.00 - Physical Education

<b>CB04 Course Credit Status</b>	D - Credit - Degree Applicable
<b>CB05 Course Transfer Status</b>	A = Transferable to both UC and CSU
<b>CB08 Course Basic Skill Status (PBS Status)</b>	2N = Course is not a basic skills course.
<b>CB09 SAM Code</b>	E - Non-Occupational
<b>CB10 Course COOP Work Exp-ED</b>	N = Not part of Coop Work Exp
<b>CB11 California Classification Codes</b>	Y - Credit Course
<b>CB13-Special Class Status</b>	N - Not Special
<b>CB21 Levels Below Transfer</b>	Y = Not Applicable
<b>CB22 Non Credit Course Category</b>	Y - Not Applicable
<b>CB23 Funding Agency Category</b>	Y = Not Applicable
<b>CB24-Program Course Status</b>	1 = Program Applicable
<b>CB25 Course General Education Status</b>	Y - Not Applicable
<b>CB26 Course Support Course Status</b>	N - Course is not a support course

### Web Catalog Metadata