

KFIT 32.1 Course Outline as of Fall 2024

CATALOG INFORMATION

Dept and Nbr: KFIT 32.1      Title: BEG BARRE FITNESS  
Full Title: Beginning Barre Fitness  
Last Reviewed: 8/14/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable  
Grading: Grade or P/NP  
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP  
Also Listed As:  
Formerly:

**Catalog Description:**  
Students will participate in ballet barre work, core conditioning, yoga, and orthopedic exercises with a focus on controlled movements and proper body alignment. This beginning-level barre class is for students with minimal barre fitness experience.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Students will participate in ballet barre work, core conditioning, yoga, and orthopedic exercises with a focus on controlled movements and proper body alignment. This beginning-level barre class is for students with minimal barre fitness experience. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:	

### **CID:**

#### **Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Identify and demonstrate beginning-level fundamental aerobic and anerobic principles of barre fitness.
2. Demonstrate proper spinal alignment and identify muscle groups specific to muscular strength and endurance.
3. Identify and apply beginning-level exercises and barre methods for flexibility improvement, body awareness, and body composition.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Perform beginning-level cardiovascular activities using the barre.
2. Perform beginning-level exercises specific to individual muscle groups through high repetition and static holds.
3. Identify specific muscles involved in performing body resistance exercises.
4. Perform a variety of beginning-level exercises to develop flexibility.
5. Perform movement activities to increase body awareness.
6. Explain benefits of high-repetition, low-weight exercises.

### **Topics and Scope:**

#### **I. Principles of Barre Exercise**

- A. Breathing (inhalation and exhalation coordinated with movement)
- B. Control
- C. Precision
- D. Isometric movement
- E. Deep muscle contraction

#### **II. Barre Exercise Alignment**

- A. Neutral spine position

- B. Core endurance, engagement, strength, and balance
- C. Recruitment of transverse abdominus
- D. Pelvic tilt
- III. Fitness Testing and Programming
  - A. Analyzing fitness
  - B. Modifications and progression of different exercises
  - C. Personal sequence of barre exercises for maximum results
  - D. Oral cues
- IV. Benefits
  - A. High repetition and low weight exercises
  - B. Cardiovascular endurance
  - C. Muscular endurance
  - D. Muscular strength
  - E. Body composition
  - F. Flexibility
- V. Beginning-level Barre Method Exercises
  - A. Plank hold
  - B. Bicep curl
  - C. Four-way shoulder
  - D. Push up
  - E. Tricep dip
  - F. Torso rotation
  - G. Hamstring and quadricep stretching
  - H. Plie squat
  - I. Sumo squat
  - J. Hamstring curl
  - K. Gluteal curl
  - L. Downward dog
  - M. Flat back
  - N. "C" curve
  - O. Low "C" curve
  - P. Bridge

**Assignment:**

1. Beginning-level cardiovascular conditioning, muscular strength and endurance, and flexibility exercises (ungraded)
2. Written assignment on barre exercise
3. Performance exams
4. Progress journal
5. Fitness assessments
6. Body composition analysis
7. Target heart rate calculation
8. Exam(s) and/or quiz(zes) (1-3)

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written assignment on barre exercise; progress journal	Writing 0 - 10%
<b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.	
Body composition analysis; target heart rate calculation	Problem solving 0 - 10%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Performance exams; fitness assessments	Skill Demonstrations 10 - 30%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Exam(s) and/or quiz(zes)	Exams 10 - 30%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
Attendance and participation	Other Category 40 - 60%

### **Representative Textbooks and Materials:**

Barre Fitness: Barre Exercises You Can Do Anywhere for Flexibility, Core Strength, and a Lean Body Flexibound – Illustrated. DeVito, Fred and Halfpapp, Elisabeth. Fair Winds Press. 2015 (classic).

Home at the Barre: Adult Ballet. Crouch, Dawn. Garage Ballet Resources. 2021.