KFIT 32.1 Course Outline as of Fall 2016

CATALOG INFORMATION

Dept and Nbr: KFIT 32.1 Title: BARRE FITNESS
Full Title: 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: 0.00 Total Student Learning Hours: 52.50

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:
This course combines ballet barre work, core conditioning, yoga, and orthopedic exercises with a focus on controlled movements and proper body alignment.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This course combines ballet barre work, core conditioning, yoga, and orthopedic exercises with a focus on controlled movements and proper body alignment. (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:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Fall 2013	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2013	Inactive:	

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:
1. Perform cardiovascular activities using the barre.
2. Perform 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 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. 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:

Assignments:
1. Cardiovascular conditioning, muscular strength and endurance, and flexibility exercises.
2. Exercise at least 1.5 hours per week in addition to regularly scheduled class meetings.
3. Written research assignment on benefits of high-repetition, low-weight exercises (3 - 5 pages).
4. Performance exams.
5. Progress journal (1 per week, 1-2 pages each)
6. Fitness assessments.
7. Body composition analysis.
8. Target heart rate calculation.
9. 1-3 exams and/or quizzes

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.

Research assignment, progress journal	Writing 0 - 10%

Problem Solving: 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%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Performance exams, fitness assessments	Skill Demonstrations 10 - 30%

Exams: All forms of formal testing, other than skill performance exams.

Exams, quizzes	Exams 10 - 30%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and Participation, outside activity	Other Category 40 - 60%

Representative Textbooks and Materials:
Raise the Barre: Introducing Cardio Barre. Richard Giorla and Laurel House. Harper Collins Publishers: 2006.