

KFIT 32 Course Outline as of Summer 2019**CATALOG INFORMATION**

Dept and Nbr: KFIT 32 Title: INTRO BARRE FITNESS

Full Title: Introduction to 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	5	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:

This introductory-level for students with no barre fitness experience combines ballet barre work, core conditioning, yoga, and therapeutic exercises with a focus on controlled movements and proper body alignment.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: This introductory-level for students with no barre fitness experience combines ballet barre work, core conditioning, yoga, and therapeutic 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:
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CSU Transfer:	Transferable	Effective:	Spring 2018	Inactive:
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UC Transfer:	Transferable	Effective:	Spring 2018	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

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

1. Identify and demonstrate proper postural alignment and body awareness
2. Execute introductory-level barre fitness exercises
3. Apply basic barre fitness terminology

Objectives:

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

1. Perform introductory-level exercise sequences using the barre.
2. Demonstrate correct postural alignment
3. Body awareness while performing barre fitness positions and exercises.
4. Correctly use basic barre fitness terminology

Topics and Scope:

I. Principles of Barre Exercise

- A. Breathing (inhalation and exhalation coordinated with movement)
- B. Control

II. Barre Exercise Alignment

- A. Neutral spine position
- B. Core endurance, engagement, strength and balance

III. Fitness Testing and Programming

- A. Analyzing fitness
- B. 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. Introductory-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

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

1. Introductory-level 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. Exams and/or quizzes (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.

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
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Problem solving 0 - 10%

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

Performance exams, fitness assessments
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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. Giorla, Richard and House, Laurel. Harper Collins Publishers. 2006 (classic)