

KFIT 32.1 Course Outline as of Summer 2019**CATALOG INFORMATION**

Dept and Nbr: KFIT 32.1 Title: BEG BARRE FITNESS
 Full Title: Beginning Barre Fitness
 Last Reviewed: 12/12/2016

| 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:

This beginning-level course for students with minimal barre fitness experience 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 beginning-level course for students with minimal barre fitness experience 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:

Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:

Upon completion of the course, students will 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:

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:

1. Principles of Barre Exercise
 - a. Breathing (inhalation and exhalation coordinated with movement)
 - b. Control
 - c. Precision
 - d. Isometric movement
 - e. Deep muscle contraction
2. Barre Exercise Alignment
 - a. Neutral spine position
 - b. Core endurance, engagement, strength and balance
 - c. Recruitment of transverse abdominus

- d. Pelvic tilt
- 3. 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
- 4. Benefits
 - a. High repetition and low weight exercises
 - b. Cardiovascular endurance
 - c. Muscular endurance
 - d. Muscular strength
 - e. Body Composition
 - f. Flexibility
- 5. 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:

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.

Assignments:

1. Beginning-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

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. Giorla, Richard and House, Laurel. Harper Collins Publishers. 2006 (classic)