

KFIT 32 Course Outline as of Fall 2024**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:

Students will participate in a combination of ballet barre work, core conditioning, yoga, and therapeutic exercises with a focus on controlled movements and proper body alignment. This introductory-level barre class is for students with no barre fitness experience.

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

Description: Students will participate in a combination of ballet barre work, core conditioning, yoga, and therapeutic exercises with a focus on controlled movements and proper body alignment. This introductory-level barre class is for students with no 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:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Transferable	Effective: Spring 2018	Inactive:
UC Transfer:	Transferable	Effective: Spring 2018	Inactive:

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. Gain body awareness while performing barre fitness positions and exercises.
4. Utilize correct 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. Triceps Dip
 - F. Torso Rotation
 - G. Hamstring and Quadricep Stretching

Assignment:

1. Introductory-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%

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.

Exam(s) and/or quiz(zes)

Exams
10 - 30%

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

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.