

KFIT 32.2 Course Outline as of Fall 2024**CATALOG INFORMATION**

Dept and Nbr: KFIT 32.2 Title: INTM BARRE FITNESS

Full Title: Intermediate 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 intermediate-level barre class is for students with previous 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 intermediate-level barre class is for students with previous 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:

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 intermediate-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 intermediate-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 intermediate-level cardiovascular activities using the barre.
2. Perform intermediate-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 intermediate-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. Intermediate-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
- 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. Intermediate-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.

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.