

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: 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:

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

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

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)