

DANC A139: GYROKINESIS

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	100810 - Commercial Dance
Units	.5-2 Total Units
Hours	18-72 Total Hours (Lecture Hours 4.5-18; Lab Hours 13.5-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	<ul style="list-style-type: none"> • Area 3 Arts and Humanities 3B Active Participation (OC2) • Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
Associate Science Local General Education (GE)	<ul style="list-style-type: none"> • Area 3A Arts (OSC1)
California State University General Education Breadth (CSU GE-Breadth)	<ul style="list-style-type: none"> • CSU E2 Activity Course (E2)

Course Description

Designed for beginning level students, this course will present an introduction to Gyrokinesis®, an important component of the Juliu Horvath Method. The entire body is worked through fluid exercises focusing on the natural directions of spinal movements and joint articulations. The course will involve participatory labs and skills demonstrations. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Identify and accurately demonstrate seated, standing, and floor sequences which comprise Gyrokinesis® Level
2. Evaluate in writing their progress in the areas of strength, flexibility, stability and balance.

Course Objectives

- 1. Demonstrate the application of the basic principles as outlined in the course.
- 2. Demonstrate the use of specific breathing patterns while performing exercises.
- 3. Demonstrate a smooth connection while moving and transitioning through exercises.
- 4. Demonstrate facilitation of spinal movements—forward, backward, right side, left side, right twist, left twist and circular
- 5. Demonstrate a release in lower extremities—hip, knee joint, quadriceps, hamstrings and ankles.

- 6. Demonstrate a release in upper extremities—neck, shoulders, arms, wrists.
- 7. Analyze and solve individual movement issues.
- 8. Demonstrate increased strength, endurance, flexibility, relaxation, and coordination of the body parts.

Lecture Content

I. Introduction A. Student background information 1. Injury reporting 2. Alignment and movement assessment 3. Personal goal setting 4. Application of feedback for personal improvement 5. Instructor cueing techniques B. Historical background of Gyrokinesis 1. Juliu Horvath 2. Grytonic II. Introduction to class principles and concepts A. Anatomy Review B. Horvath Method III. Format 1 A. Seated Sequences 1. Basic terminology and techniques n bsp; 2. Spinal movements 3. Breathing patterns 4. Rhythms B. First Standing Sequence 1. Basic terminology and techniques 2. Spinal movements 3. Breathing patterns 4. Rhythms C. Floor Sequences 1. Basic terminology and techniques 2. Spinal movements 3. Breathing patterns 4. Rhythms D. Second Standing Sequence 1. Basic terminology and techniques 2. Spinal movements 3. Breathing patterns 4. Rhythms E. Closing Exercises 1. Breathing 2. Meditation 3. Relaxation IV. Format 2 A. Seated Sequences 1. Basic terminology and techniques 2. Spinal movements 3. Breathing patterns 4. Rhythms B. First Standing Sequence 1. Basic terminology and techniques 2. Spinal movements 3. Breathing patterns 4. Rhythms C. Floor Sequences 1. Basic terminology and techniques 2. Spinal movements nb sp; 3. Breathing patterns 4. Rhythms D. Second Standing Sequence 1. Basic terminology and techniques 2. Spinal movements 3. Breathing patterns 4. Rhythms E. Closing Exercises 1. Breathing 2. Meditation 3. Relaxation

Lab Content

Performance of proper alignment and movement Proper technique application Spinal movements Breathing patterns Rhythms

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

1. Lecture 2. Demonstration 3. Skills evaluation 4. Reading and discussions 5. Participation and group practice

Reading Assignments

Students will spend approximately 1-2 hours a week on assigned readings from text(s).

Writing Assignments

Written mid-term self-evaluation Written test Written final self-evaluation Proficiency demonstration of exercises

Out-of-class Assignments

Students will spend 1-3 hours per week practicing movement techniques learned in class.

Demonstration of Critical Thinking

Written mid-term and self evaluation

Required Writing, Problem Solving, Skills Demonstration

1. Written mid-term self-evaluation. 2. Written test. 3. Written final self-evaluation.

Textbooks Resources

1. Required Myers, T.. Anatomy Trains, Latest ed. Edinburgh: Churchill Livingstone, 2001 Rationale: . 2. Required Franklin, E.. Conditioning for Dance, Latest ed. Champaign: Human Kinetics, 2004 Rationale: .

Other Resources

1. Video: Gyrokinesis: Journey through the Spine, Juiu Horvath 2. Video: Gyrokinesis: Level I Beginner, Juliu Horvath 3. DVD: Gyrokinesis Level 1 Format 1 4. DVD: Gyrokinesis Level 1 Format 2 5. DVD: Gyrokinesis Level 2 Beginner 6. GYROKINESIS and GYROTONIC are registered trademarks of Gyrotonic Sales Corp. and are used with their permission. Commercial use of Trademarks can only be obtained through proper licensing. This course does not permit the student to offer Gyrokinesis classes to the public for commercial purposes.