

# DANC G105: STRENGTH AND STRETCH

Item	Value
Curriculum Committee Approval Date	10/15/2024
Top Code	100800 - Dance
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
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)
Local General Education (GE)	• Area 7E Lifelong Understanding and Self-Development (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Formerly: Dance Conditioning and Stretches. This course provides instruction and practice in fundamental stretching techniques, strength conditioning and correction of body alignment. Students will learn stretch combinations on the floor, with partners and at the ballet barre. There will be discussions of anatomical theories and exercises leading to correct body alignment. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Apply conditioning and stretching theories including anatomical information for dancers at a beginning level.
3. Evaluate flexibility and alignment needs for a dancer at a beginning level.
4. Use yoga and pilates techniques for dancers at a beginning level.

## Course Objectives

- 1. Perform stretching exercises.
- 2. Use improved body alignment, balance, strength and flexibility.
- 3. Define principles of basic nutrition for a beginning-level dancer.

## Lecture Content

Basic anatomy for dancers Body conditioning and alignment theories Pilates Alexander Feldenkrais Yoga Theories and techniques Relaxation Breathing Visualization

## Lab Content

Warm-Up technique Neck, back, and hamstring stretches Sagittal plane Parallel Turned out Swings of arms, torso and legs Feet Metatarsal stretches Side stretches Iy: 'Times New Roman'; color: black; Frontal Transverse plane Front of the body stretches Abdominal Thigh Isolations and rotations Head Shoulders Ribcage Hip w Roman'; color: black; Arms Ankles Floor Stretches Hip socket rotation Leg extension exercises Back flexibility Rotary stretches Abdominal Back strengthening exercises Flex and extension of legs and feet in supine position Iy: 'Times New Roman'; mso-bidi-font-family: 'Times New Roman'; color: black; Second position and split stretches Partner stretches Reciprocal innervation techniques Relaxation and stretch combinations Ballet barre stretches Leg extension Resistance and pulling exercises for the back

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

## Reading Assignments

Instructor handouts

## Writing Assignments

Written explanations of movement theories. Analysis and written critiques of visual materials (online) as assigned.

## Out-of-class Assignments

Analysis and critiques of visual materials (online) as assigned. Written personal evaluation of progress through the semester as required.

## Demonstration of Critical Thinking

Analysis and critiques of visual materials (online) as assigned.

## Required Writing, Problem Solving, Skills Demonstration

1. Write a personal evaluation of progress through the semester.
2. Perform exercises and explain theories verbally or on written quiz.

## Eligible Disciplines

Dance: Master's degree in dance, physical education with a dance emphasis, or theater with dance emphasis, OR bachelor's degree in any of the above AND master's degree in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent. Master's degree required.

## Textbooks Resources

1. Required Franklin, E. Conditioning for Dance, Second ed. (Classic text): Human Kinetics, 2019 Rationale: Classic Text

## Other Resources

1. Athletic style clothing and/or dancewear Instructor provided handouts