

# SPED C035N: RHYTHMIC MOVEMENT

---

Item	Value
Top Code	493030 - Learning Skills, Handicapped
Units	0 Total Units
Hours	16-108 Total Hours (Lab Hours 16-108)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Basic Skills (B)
Repeatable	Yes; Repeat Limit 99
Open Entry/Open Exit	No
Grading Policy	P/NP/SP Non-Credit (D)

## Course Description

An aerobics class for students with intellectual disabilities. Focus is on utilizing movement combined with a variety of musical rhythms to facilitate and strengthen the development of coordination, mobility, spatial orientation, body awareness, flexibility and socialization skills. Students enrolled in the course receive an individualized educational contract where course objectives are evaluated according to whether or not the objective/student outcomes are targeted, satisfied, not satisfied, deferred, or not applicable. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

## Course Level Student Learning Outcome(s)

1. Spontaneously synthesize movement patterns to various rhythms and types of music in large and small groups, and/or with another individual.

## Course Objectives

- 1. Execute sequential body movements.
- 2. Imitate simple movement patterns.
- 3. Follow physical cues and verbal directions, such as move to regular meters easily and independently, move to irregular meters, and maintain upright posture, without the need to look at own feet.
- 4. Reproduce movement patterns from memory.
- 5. Use movement to respond spontaneously to various rhythms and types of music.
- 6. Demonstrate that he/she can synthesize chronological body movements in large and small group sequences.
- 7. Interact with partners according to acceptable guidelines.
- 8. Apply rhythmic movement skills to leisure time activities.

---

## Lecture Content

See Lab Content

## Lab Content

Movement elements and variation Timing Meter Regular Irregular Tempo Direction Posture/Stance Patterns Movement to music Improvised Structured Specific movements Walk Run March Jump Hop Gallop

Skip Slide Leap With various tools Scarves Balls Hoops Sticks (Puli, Lumi) Flags Pom-poms Sequential movement and simple dances Sequential movements Cultural variations on movement and dance Social applications, e.g. waltz, cha-cha, rumba, popular Leisure-time activities Participation at community dances Participation as an audience member or at community events

## Method(s) of Instruction

- Regular NC Lab (NC4)
- Live Online Reg NC Lab (NCC)

## Instructional Techniques

Discussion of topics as they relate to movement and health Individual Assessments by faculty and student. Use of variety activities promoting movement, dance, and performing synchronized motion sequences.

## Reading Assignments

-

## Writing Assignments

-

## Out-of-class Assignments

-

## Demonstration of Critical Thinking

-

## Required Writing, Problem Solving, Skills Demonstration

-

## Eligible Disciplines

Special education: Minimum qualifications for these faculty members are specified in title 5, section 53414. Master's degree required. Title 5, section 53414

## Other Resources

1. Coastline Library