

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

**SUBJECT AREA AND COURSE NUMBER**

PHYE 550

**COURSE TITLE**

PHYSICAL FITNESS THROUGH DANCE

**ALTERNATE TITLE(S)**

AEROBICS; DANCERCIZE  
(BEGINNING, INTERMEDIATE,  
ADVANCED); FOLK DANCE  
(BEGINNING, INTERMEDIATE);  
JOGGING (BEGINNING,  
INTERMEDIATE); TAP DANCE

**TYPE COURSE**

FEE

**CATALOG COURSE DESCRIPTION**

This course is designed to help students improve their flexibility, strength, coordination, balance, cardiovascular fitness, and body awareness through movement within a positive environment. (FT)

**LECTURE HOURS**

2-6 hours per week  
(for 9-18 weeks)

**LABORATORY HOURS**

**ADVISORY**

NONE

**RECOMMENDED SKILL LEVEL**

NONE

**INSTITUTIONAL STUDENT LEARNING OUTCOMES**

1. Social Responsibility  
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication  
SDCE students demonstrate effective communication skills.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

3. Critical Thinking  
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.
4. Personal and Professional Development  
SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self-advocacy skills to cope with changing situations in their lives.

COURSE GOALS

COURSE OBJECTIVES

Students will show, orally, in writing, or through demonstration that they are able to:

1. Illustrate proper stretching, contracting and relaxation of body parts.
2. Apply the different techniques for strengthening the body.
3. Perform a variety of dances.

**SECTION II**

COURSE CONTENT AND SCOPE

1. Exercising to Music
  - 1.1. Warm ups
  - 1.2. Stretching to increase flexibility and enhance coordination
  - 1.3. Active movements to increase strength and cardiovascular fitness
  - 1.4. Dance sequences
2. Folk Dances - A Variety of Dances are Taught
3. Modern Dance
  - 3.1. Explore movement
  - 3.2. Decrease self-consciousness
  - 3.3. Concepts of movement
4. Yoga and Relaxation
  - 4.1. Breathing techniques
  - 4.2. Salutations
  - 4.3. Postures
  - 4.4. Relaxation techniques
  - 4.5. Tension recognition
  - 4.6. Progressive relaxation
  - 4.7. Massage
  - 4.8. Use of imagery

APPROPRIATE READINGS

NONE

WRITING ASSIGNMENTS

NONE

OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

EVALUATION

1. Student self-evaluation.
2. Teacher observation.

METHOD OF INSTRUCTION

Lectures, discussions, demonstrations and guest speakers. Audio-visual equipment.

TEXTS AND SUPPLIES

Text:

No text required.

Supplies:

Some audio-visual equipment.

PREPARED BY Raul Martinez DATE 7/82

REVISED BY Instructional Services, SLOs added DATE March 7, 2017

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100  
California Community Colleges, Title 5, Section 55002  
Continuing Education Catalog