

KINESIOLOGY DANCE

"Dance, like all forms of cultural expression, reflects the society in which it exists. Just as the history of the United States encompasses a broad array of complex influences, so do its dance forms stem from a rich pool of diverse forms" (Encyclopedia of American Studies, ed. Miles Orvell (Baltimore: Johns Hopkins University Press, 2011), s.v. "Dance" (by Luke C. Kahlich).

Dance courses will provide the theoretical and technical mastery for students to experience a comprehensive curriculum, which can apply to the Kinesiology, AA-T Degree (catalog.vvc.edu/degrees-certificates/kinesiology/#degreestext) for Transfer, liberal arts major, and exercise benefits. Students enrolled in dance courses are exposed to many different forms of dance, as well as dance history, kinesiology, ethnic/cultural influences, and production. The dance program also affords students the opportunity to interact with each other and to perform in dance shows. Kinesiology is required for the Associate of Arts and Associate of Science degrees and all dance courses fulfill this requirement.

As part of the Kinesiology department, you may also be interested in Health which offers a Nutrition and Dietetics, AS-T (catalog.vvc.edu/degrees-certificates/health/#degreestext) degree and a Public Health Science, AS-T (catalog.vvc.edu/degrees-certificates/health/#degreestext) degree.

Faculty

Guardado, Lynn

Dance, AA (40891)

The degree provides students with a comprehensive foundation in the theory, history, technique, and art of dance. This is fulfilled through a structured program of dance study in the areas of core techniques, historical and contemporary styles, choreography, performance, and dance history. Students will demonstrate their proficiency through technical, interpretive, and expressive competency, research papers, essays, and public performances. Program assessment is measured by public performances, program completion, transferability, and periodic program review. Students qualify to pursue a variety of dance-related careers and advanced degree options.

Cross-listed Theater Arts courses may be taken in place of the Kinesiology Dance courses.

To earn this degree, complete the major coursework with "C" grades or better and all of the following graduation requirements: 60 minimum degree-applicable units (including a maximum 4 units of activity); 2.0 minimum overall GPA; 12 degree-applicable units through VVC; Information Competency; Global Citizenship; Kinesiology, and the VVC General Education pattern (catalog.vvc.edu/degrees-certificates/vvcge/#vvcge). Courses may count in one area only, either in the major or in a general education category. Courses counted in one AA/AS major may not be used in another AA/AS major.

| Code | Title | Units |
|---|-----------------------------------|-------|
| Required Courses | | |
| Cross-listed Theater Arts (TA) courses may be taken in place of KIND courses. | | |
| KIN 103 | History and Appreciation of Dance | 3.0 |

| Code | Title | Units |
|---|--|------------|
| KIND 152 | Dance Choreography I | 1.0-2.0 |
| KIND 161A or TA 161A | Tap Dance IIA Tap Dance IIA | 1.0 |
| KIND 161B or TA 161B | Tap Dance IIB Tap Dance IIB | 1.0 |
| KIND 161C or TA 161C | Tap Dance IIC Tap Dance IIC | 1.0 |
| KIND 167A or TA 167A | Introduction to Intermediate Ballet IIA Introduction to Intermediate Ballet IIA | 1.0 |
| KIND 167B or TA 167B | Intermediate Ballet IIB Intermediate Ballet Dance IIB | 1.0 |
| KIND 167C or TA 167C | Intermediate Ballet IIC Intermediate Ballet IIC | 1.0 |
| KIND 169C | Yogalates Core Stability and Stretch | 1.0 |
| KIND 169D | Yogalates Core Stability and Stretch II | 1.0 |
| KIND 171A or TA 171A | Jazz Dance IIA Jazz Dance IIA | 1.0 |
| KIND 171B or TA 171B | Jazz Dance IIB Jazz Dance IIB | 1.0 |
| KIND 171C or TA 171C | Jazz Dance IIC Jazz Dance IIC | 1.0 |
| KIND 175A or TA 175A | Introduction to Modern Dance II Introduction to Modern Dance II | 1.0 |
| KIND 175B | Basic Modern Dance II | 1.0 |
| KIND 175C or KIND 175D | Modern Dance II Intermediate Modern Dance II | 1.0 |
| KIN 210 | Movement Anatomy And Kinesiology | 3.0 |
| <i>Choose three courses from the following.</i> | | <i>5.0</i> |
| KIND 176A | Introduction to Dance Rehearsal and Performance I | |
| KIND 176B | Performance Dance Ensemble | |
| KIND 176C | Dance Production | |
| KIND 176D | Dance Performance | |
| <i>Electives</i> | | <i>3.0</i> |
| KIND 162A | Introduction to Ballroom Dance | |
| KIND 162B | American Rhythm Ballroom Dance | |
| KIND 163A | Latin Ballroom Dance | |
| KIND 163B | Standard Ballroom Dance | |
| KIND 190 | Ethnic Dance | |

Total Units **29-30**

Fundamental Dance Teacher Certificate of Achievement (40093)

This certificate will afford dance students the opportunity to complete a well-rounded study of dance courses. Some of the technique courses must be completed at least one time with a grade of B or better. Students must be able to execute skill and technique in all dance categories including World Dance, Tap, Ballroom, Ballet, Jazz, Modern and Rehearsal/Performance. In addition, each student must be able to demonstrate the ability to choreograph and perform a combination of skills in each of the dance styles. They should also be able to identify historical dance styles and cultural influences in dance. Students will

be required to pass an exit exam with a 80% or higher, demonstrating mastery of the above required areas of study.

| Code | Title | Units |
|--|---|-------|
| Required Courses | | |
| Complete the following with a C or better | | |
| KIN 103 | History and Appreciation of Dance | 3.0 |
| KIND 152 | Dance Choreography I | 1-2 |
| <i>Category: Tap</i> | | |
| Complete one Level I and one Level II course with a B or better | | |
| KIND 160A | Tap Dance IA | 2.0 |
| KIND 160B | Tap Dance IB | |
| KIND 160C | Tap Dance IC | |
| and | | |
| KIND 161A | Tap Dance IIA | 2.0 |
| KIND 161B | Tap Dance IIB | |
| KIND 161C | Tap Dance IIC | |
| <i>Category: Ballet</i> | | |
| Complete one Level I and one Level II course with a B or better | | |
| KIND 166A | Introduction to Ballet Dance IA | 2.0 |
| KIND 166B | Building Ballet Basics IB | |
| KIND 166C | Ballet Fundamentals IC | |
| and | | |
| KIND 167A | Introduction to Intermediate Ballet IIA | 2.0 |
| KIND 167B | Intermediate Ballet IIB | |
| KIND 167C | Intermediate Ballet IIC | |
| <i>Category: Jazz</i> | | |
| Complete one Level I and one Level II course with a grade of B or better | | |
| KIND 170A | Jazz Dance IA | 2.0 |
| KIND 170B | Jazz Dance IB | |
| KIND 170C | Jazz Dance IC | |
| and | | |
| KIND 171A | Jazz Dance IIA | 2.0 |
| KIND 171B | Jazz Dance IIB | |
| KIND 171C | Jazz Dance IIC | |
| <i>Category: Modern</i> | | |
| Complete one Level I and one Level II course with a B or better | | |
| KIND 174A | Introduction to Modern Dance | 2.0 |
| KIND 174B | Basic Modern Dance I | |
| KIND 175C | Modern Dance II | |
| and | | |
| KIND 175A | Introduction to Modern Dance II | 2.0 |
| KIND 175B | Basic Modern Dance II | |
| KIND 175C | Modern Dance II | |
| <i>Category: Ballroom</i> | | |
| Complete two different courses with a grade of C or better | | |
| KIND 162A | Introduction to Ballroom Dance | 2.0 |
| KIND 162B | American Rhythm Ballroom Dance | |
| KIND 163A | Latin Ballroom Dance | |
| KIND 163B | Standard Ballroom Dance | |
| <i>Category: Rehearsal/Production</i> | | |

| Code | Title | Units |
|--|---|-------|
| Complete 3 or more units with two or more instructors so as to experience differences in style. At least one of the listed courses must be passed with a B or better | | 3.0 |
| KIND 176A | Introduction to Dance Rehearsal and Performance I | 3.0 |
| KIND 176B | Performance Dance Ensemble | |
| KIND 176C | Dance Production | |
| KIND 176D | Dance Performance | |
| <i>Category: World Dance</i> | | |
| Complete one course with a grade of C or better | | 1.0 |
| KIND 190 | Ethnic Dance | 1.0 |
| <i>Work Experience</i> | | |
| Complete a minimum of 1.0 unit | | 1.0 |
| KIN 138 | Cooperative Education Kiniesology | 19-20 |
| Total Units | | |

EXIT EXAM REQUIRED

After completion of all required courses, students will be interviewed and tested by at least two dance instructors. Exam will cover technique, history, choreography and other categories covered in the required courses.

Kinesiology Dance Courses

KIND 090 Hawaiian Dance (0.0 Units)

Instruction of basic steps of Hawaiian dance, arm movements, terminology, the usage of Hawaiian implements for routines to Hawaiian music. Enhances mental and physical skills and quality of life.

Lab Hours: 54.00

Transfer: Not transferable

KIND 138 Cooperative Education Kinesiology Dance (1-8 Units)

Cooperative Education is a key element of Victor Valley College's comprehensive approach to career development. Cooperative Education is a 16-, 12-, or 8-week course that enables students to receive college credit for paid or unpaid work opportunities. This course helps students gain valuable on-the-job work experience while providing practical education, best practices in professional development, and academic guidance through the course of their work opportunity. The combination of practical experience and curricular development empowers students to be more competitive, efficient and valuable employees upon completion of this program and/or their academic program trajectory. The course is ideal for students who are cross-training at their current worksite for upward mobility or seeking career changes, as well as those looking for entry level occupational training through work-based learning experiences such as through an internship. Cooperative Education transforms community businesses, industries, and public agencies into expanded educational training laboratories. Credit is awarded on the basis of learning objectives completed and the number of hours the student trains. Students must create/complete new learning objectives each semester they enroll. Students may utilize their present work sites. Transfer: Transfers to CSU only

KIND 152 Dance Choreography I (1-2 Units)

This course is designed to introduce students to the basic elements of dance choreography. Choreography students will work in solo and small groups by using concepts of space, time, and energy to investigate and explore the basic elements of dance. Grade option.

Lab Hours: 108.00

Transfer: Transfers to CSU only

KIND 160A Tap Dance IA (1.0 Units)

Students who would like to explore tap dancing for the first time will experience basic tap dancing techniques with the foundational sense of musicality. During this course, many essentials elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Grade Option. Crosslisted with TA 160A.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 160B Tap Dance IB (1.0 Units)

Students who would like to further explore tap dancing after having some tap experience will expand on their basic tap dance techniques with the foundational sense of musicality. During this course, many essential elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing and performance clarity in movement combinations. Grade Option.

Crosslisted with TA 160B.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 160C Tap Dance IC (1.0 Units)

Students who would like to further explore tap dancing after having some tap experience and preparing for Tap IIA will expand on their tap dance techniques with the foundational sense of musicality. During this course, many essential elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing and performance clarity in complex movement combinations, and the refinement of performance style. Grade Option. Crosslisted with TA 160C.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 161A Tap Dance IIA (1.0 Units)

Students who would like to explore tap dancing at an intermediate level for the first time after having had some tap dance will experience intermediate tap dancing techniques with the foundational sense of musicality. During this course, many essential elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Grade Option. Crosslisted with TA 161A.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 161B Tap Dance IIB (1.0 Units)

Students who would like to further explore tap dance at an intermediate level after having had some tap dance will experience intermediate tap dance techniques with a fundamental sense of musicality. During this intermediate course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing, efficient alignment, and performance clarity in movement combinations. Grade Option. Crosslisted with TA 161B.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 161C Tap Dance IIC (1.0 Units)

Students who would like to further explore tap dance at an intermediate level, working towards Tap III, after having some tap dance will experience intermediate tap dance techniques with a fundamental sense of musicality. During this course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis is placed on enhancing musical and rhythmic phrasing, efficient alignment, performance clarity in complex movement combinations, and the refinement of performance style. Grade Option. Crosslisted with TA 161C.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 162A Introduction to Ballroom Dance (1.0 Units)

Techniques, styles and rhythms of basic social dances from selected historical periods. Emphasis on exploring the movement characteristics of the dances through dancing. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 162B American Rhythm Ballroom Dance (1.0 Units)

Techniques and stylization in the following ballroom dances. Dances may include the Swing, Mambo, Bolero, ChaCha, and Rumba. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 163A Latin Ballroom Dance (1.0 Units)

Techniques, styles and rhythms of the basic level of latin ballroom dances. May include at least the following dances; Samba, Cha Cha Cha, Rumba, Paso Doble, Jive and Tango. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 163B Standard Ballroom Dance (1.0 Units)

Techniques and stylization in the following ballroom dances. Dances may include the Waltz, Tango, Foxtrot, Quickstep, Viennese Waltz. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 166A Introduction to Ballet Dance IA (1.0 Units)

Students with no previous training or experience in ballet will explore introductory level ballet technique, style, and movement characteristics. Grade Option. Crosslisted with TA 166A.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 166B Building Ballet Basics IB (1.0 Units)

Students with introductory level ballet training will build and expand basic ballet technique, style, and movement characteristics. Grade Option. Crosslisted with TA 166B.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 166C Ballet Fundamentals IC (1.0 Units)

Students who have previous training in introductory Ballet IA and Building Ballet Basics IB will further explore and perfect their training in ballet fundamentals. Grade Option. Crosslisted with TA 166C.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 167A Introduction to Intermediate Ballet IIA (1.0 Units)

An introduction to the technique and style of beginning intermediate level Ballet IIA dance. This course is for the student who has taken Ballet I level courses. Emphasis on exploring the movement characteristics of beginning intermediate Ballet IIA dance through dancing. Grade Option. Crosslisted with TA 167A.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 167B Intermediate Ballet IIB (1.0 Units)

Students who have been introduced to intermediate Ballet IIA will build and explore intermediate Ballet IIB skills and concepts. Grade Option. Crosslisted with TA 167B.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 167C Intermediate Ballet IIC (1.0 Units)

Students who have training in Intermediate Ballet IIA and Intermediate Ballet IIB will explore and build advanced intermediate ballet skills. Grade Option. Crosslisted with TA 167C.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 169A Introduction to Yoyalates (1.0 Units)

Yoyalates is an introduction of Pilates concepts developed by Joseph Pilates. The course will introduce core matwork and yoga-type exercises. It will also introduce improved body alignment, strength, flexibility and control. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 169B Basic Yoyalates (1.0 Units)

Basic Yoyalates is a class encompassing Pilates concepts developed by Joseph Pilates. The course will introduce basic core matwork and yoga-type exercises. It will also introduce improved body alignment, strength, flexibility and control. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 169C Yoyalates Core Stability and Stretch (1.0 Units)

Yoyalates Core Stability and Stretch introduces physical conditioning techniques focusing on core muscle strengthening, balance, coordination and flexibility through Pilates matwork and basic yoga exercises. This class uses exercise ball, yoga mat, hand weights to strengthen the core, improve balance, coordination and flexibility. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 169D Yoyalates Core Stability and Stretch II (1.0 Units)

Yoyalates Core Stability and Stretch II is a physical conditioning class that focuses on an intermediate level core muscle strengthening, balance, coordination and flexibility. This class uses intermediate level Pilates matwork and yoga exercises and enhances posture, body awareness and muscular conditioning. This class also uses exercise ball, yoga mat, and hand weights. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 170A Jazz Dance IA (1.0 Units)

Students who would like to explore jazz dance for the first time will experience basic jazz dance techniques with a fundamental sense of musicality. During this beginning course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Grade Option. Crosslisted with TA 170A.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 170B Jazz Dance IB (1.0 Units)

Students who would like to further explore jazz dance after having some jazz dance experience will expand on their basic jazz dance techniques and fundamental sense of musicality. During this course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing, efficient alignment, and performance clarity in movement combinations. Other styles such as theater jazz may be incorporated. Grade Option. Crosslisted with TA 170B.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 170C Jazz Dance IC (1.0 Units)

Students who would like to further explore jazz dance after having some jazz dance experience, will expand on their jazz dance techniques and fundamental sense of musicality. During this course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis is placed on enhancing musical and rhythmic phrasing, efficient alignment, performance clarity in complex movement combinations, and the refinement of performance style. Grade Option. Crosslisted with TA 170C.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 171A Jazz Dance IIA (1.0 Units)

Students who would like to explore jazz dance at an intermediate level for the first time after having had some jazz dance will experience intermediate jazz dance techniques with a fundamental sense of musicality. During this intermediate course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Grade Option. Crosslisted with TA 171A.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 171B Jazz Dance IIB (1.0 Units)

Students who would like to further explore jazz dance at an intermediate level after having had some jazz dance will experience intermediate jazz dance techniques with a fundamental sense of musicality. During this intermediate course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing, efficient alignment, and performance clarity in movement combinations. Grade Option. See cross listing for TA 171B.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 171C Jazz Dance IIC (1.0 Units)

Students who would like to further explore jazz dance at an intermediate level, working towards Jazz III, after having some jazz dance will experience intermediate jazz dance technique with a fundamental sense of musicality. During this course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music, and basic choreographic elements. Emphasis is placed on enhancing musical and rhythmic phrasing, efficient alignment, performance clarity in complex movement combinations, and the refinement of performance style. Grade Option. Crosslisted with TA 171C.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 174A Introduction to Modern Dance (1.0 Units)

Introduction to technique and stylization of modern dance. For the student who has never had modern dance or who is new to the beginning level of modern dance. Emphasis on exploring the movement characteristics of introductory level modern dance through dancing. Grade Option. Crosslisted with TA 174A.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 174B Basic Modern Dance I (1.0 Units)

Basic technique and stylization of modern dance. For the student who has never had modern dance or who is new to the beginning level of modern dance. Emphasis on exploring the movement characteristics of introductory level modern dance through dancing. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 174C Beginning Modern Dance I (1.0 Units)

Beginning level technique and stylization of modern dance. For the student who has never had modern dance or who is new to the beginning level of modern dance. Emphasis on exploring the movement characteristics of beginning level modern dance through dancing. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 174D Intermediate Modern Dance I (1.0 Units)

Level I technique and stylization of modern dance. For the student who has had Introduction to Modern Dance, Basic Modern Dance I, Beginning Modern Dance I or who is new to modern dance. Emphasis on exploring the movement characteristics of level I modern dance through dancing. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 175A Introduction to Modern Dance II (1.0 Units)

Technique and stylization of introductory level modern dance II. This course is for the student who has taken Modern Dance I level classes. Emphasis on exploring the movement characteristics of introductory level modern dance II through dancing. Grade Option. Crosslisted with TA 175A.

Lab Hours: 54.00

Transfer: Transfers to CSU only

KIND 175B Basic Modern Dance II (1.0 Units)

Technique and stylization of basic modern dance II. This course is for the student who has taken Modern Dance I level classes and/or Introduction to Modern Dance II. Emphasis on exploring the movement characteristics of basic level modern dance II focusing on improving Modern II level technique. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 175C Modern Dance II (1.0 Units)

Technique and stylization of Modern Dance level II. This course is for the student who has taken Modern Dance I and Basic Modern Dance II levels of dance. Students will prepare their bodies as an instrument for dance. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 175D Intermediate Modern Dance II (1.0 Units)

Technique and stylization of Intermediate Modern Dance II. This course is for the student who has taken Modern Dance I, Basic Modern Dance II levels with the emphasis of the class on exploring Intermediate Modern Dance II level movement technique by progressing to longer, faster-paced, more difficult modern dance movement phrases. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 176A Introduction to Dance Rehearsal and Performance I (1-3 Units)

This course is designed to introduce students to the methods used for introductory level I dance rehearsal and performance. This class is for the student who has never taken dance performance before but has taken some form of dance technique. Students will learn the etiquette of introductory level I dance rehearsal and performance, develop skills needed for quick pick up in dance choreography, and performance skills needed for dance production purposes. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 176B Performance Dance Ensemble (1-3 Units)

This course is designed to introduce students to the methods used for dance performance and to provide students with an opportunity for public dance performance onstage. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 176C Dance Production (1.0 Units)

This course is specifically designed for the student to learn and perform dance choreography of multiple dance disciplines. It includes learning, rehearsing and performing one or more choreographed dance pieces. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 176D Dance Performance (1-3 Units)

This course is designed to provide students with the opportunity for intensive preparation for public performance of choreographed works. Grade Option.

Lab Hours: 54.00

Transfer: Transfers to both UC/CSU

KIND 190 Ethnic Dance (1.0 Units)

Ethnic dance is any dance form which can be identified as originating with an ethnic culture and expressing the movement aesthetics of that culture. The course will explore ethnic cultures, including European, Polynesian, Asian, and Middle Eastern. It will also include village folk dance, classic dance (Kathak, Bharat Nayam), tribal dance, and many more.

Lab Hours: 54.00

Transfer: Transfers to CSU only

Program Learning Outcomes:

Program Learning Outcomes (PLOs) are statements of the kind of learning a program hopes a student will achieve. The PLOs describe the

knowledge, skills, problem-solving, communication and values that apply to all certificates and/or degrees within that program.

Upon completion of this program, students should be able to:

1. Recognize fundamental concepts of physical activity, nutrition, and health, and apply critical thinking to solve problems from the student's personal perspective and a public perspective.
2. Critically evaluate forms of information related to Kinesiology and physical education, the student's personal health and public health, including nutrition.
3. Demonstrate social responsibility to improve quality of life for others and ensure equitable access for diverse groups by creating appropriate environments to initiate and maintain a physically active and a healthy lifestyle.