

FORM VERSION: 5/95

DATE REVISED: new 10/98

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

Transfer course A.A. degree applicable course

(check all that apply)

COURSE NUMBER AND TITLE: DNCE184 Introduction to Kinesiology

UNIT VALUE: 3

MINIMUM NUMBER OF SEMESTER HOURS: 48

BASIC SKILLS REQUIREMENTS:

Appropriate language and computation skills.

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Designed to provide students with sound knowledge of body structures, systems and functions. Identify the technical demands of dance and sports and evaluate and implement approaches to long-range development as dancers/athletes. Experiential anatomy will be introduced with concepts necessary to develop analytical skills of the student.

SPECIFIC COURSE OBJECTIVES:

Students will:

1. Analyze Kinesiology as the science of movement and how this knowledge can benefit the dance student/athlete;
2. Identify basic anatomy;
3. Identify energy systems of the human body;
4. Analyze the role of muscles and imbalances common in dancers/athletes;
5. Analyze methods of conditioning, body types and wellness for the body (nutrition, injury prevention, rehabilitation).

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Bone Development
- II. Effects of osteological development of dance performance by children
- III. Analysis of muscle roles and types of contractions
- IV. Anatomical leverage system
- V. Anatomical reference positions (planes/axis)
- VI. Joint structure (actions, restrictions)
- VII. Segmental muscle analysis
- IIIX. Basic anatomy (primary bones)
- IX. Prime mover muscles
- X. Muscular imbalances common in dancers/athletes
- XI. Analysis of selected dance and athletic movements
- XII. Biomechanics (work, power, summation of forces)
- XIII. Time distance and mass relationships
- XIV. Linear/angular movement
- XV. Newton's Laws
- XVI. Energy systems
- XVII. Factors affecting strength
- XIIX. Methods and affects of speed/strength conditioning

- XIX. Examples: training programs
- XX. Body types, wellness ideas for dancers/athletes
- XXI. Nutrition

REQUIRED READING:

Fitt, Sally. Dance Kinesiology. New York: Schirmer Books, 1988.

Blandine, Germain. Anatomy of Movement. Seattle: Eastlake Press, 1993.

SUGGESTED READING:

Luhgens, Deutsch and Hamilton. Kinesiology. Madison: WC Brown Publishers, 1988.

REQUIRED WRITING:

Analysis of selected dance/athletic movements (2-3 pages)

Conditioning program (2-3 pages)

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short term classes.

1. Reading assignment for each class.
2. Memorization of specific parts of the body - anatomical, muscular.
3. Analysis of structural deviation/muscular imbalances of classmates (1 page).
4. Conditioning paper: designed for the students themselves (2-3 pages).

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

lecture

laboratory

lecture-laboratory combination

directed study

This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply. (See guidelines for preparation for definitions.)

___ **telecourse** (Course is taught by televised lessons not under direct supervision of an instructor. Usually some on campus lecture/discussion sessions are required.)

___ **mediated instruction** (Instruction is by audio-visual means in various combinations. Usually conducted in a learning resources center not under immediate supervision of a qualified instructor.)

___ **computer assisted instruction** (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- 20% participation
- 10% quizzes/movement papers
- 5% conditioning paper
- 20% exam #1
- 20% exam #2
- 25% final

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes ___ No Number of times course may be taken for credit: ___

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

CONTACT PERSON: Patriceann Mead, ext. 2969

SIGNATURES ON FILE
