

DANS-133: BARRE FITNESS

Effective Term

Fall 2026

SECTION A - Course Data Elements**CB04 Credit Status**

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Kinesiology (Master's Degree)	Or
Dance (Master's Degree)	

Subject Code

DANS - Dance

Course Number

133

Department

Dance

Division

Kinesiology & Athletics

Full Course Title

Barre Fitness

Short Title

Barre Fitness

CB03 TOP Code

1008.00 - Dance

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Review update.

SECTION B - Course Description**Catalog Course Description**

This is a course combining ballet barre techniques, core strength and stabilization, flexibility and conditioning techniques that help to improve the dance technique for dancers of any dance genre. Floor and barre' exercises are designed to enhance the dancer's agility, technique and overall fitness. Exercises and concepts presented in this course will enhance the performance skills of any student or athlete.

SECTION C - Conditions on Enrollment**Open Entry/Open Exit**

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**SECTION D - Course Standards****Is this course variable unit?**

Yes

Units

1.0

Units Maximum

1.50000

Activity Hours

36

Activity Hours Maximum

54

Outside of Class Hours

18

Outside of Class Hours Maximum

27

Total Contact Hours

36

Total Contact Hours Maximum

54

Total Student Hours

54

Total Student Hours Maximum

81

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	Students will apply knowledge of health and wellness principles to their dance practice.
2.	Students will demonstrate knowledge of dance technique to safely participate in dance activity/genre.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Apply generalized/functional movement safety guidelines to exercises.
2. Incorporate barre techniques in personal workout for balance, strength and flexibility.

Course Content

1. Introduction to basic bio-mechanical concepts applied during technique.
2. Basic physiological responses to exercise.
3. General safety guideline for movement safety during exercises.
4. Guidelines and techniques for improving flexibility
5. Accessing the transverse abdominus and other muscles contributing to core stabilization
6. Exercises for strength, balance, agility, flexibility and core stability.
7. Proper nutrition, exercise and sleep habits for optimal performance.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Discussion	Instructor or student-directed discussion relating to any lecture material.
Lecture	Formal lecture on subject matter with relating textbook assignment or handout. Informal or impromptu lecture arising directly from the dancing experience.
Observation and Demonstration	Demonstration: Instructor physically demonstrating movement patterns, dance combinations, floor, axial and locomotor exercises or techniques.

Online Adaptation

Types	Examples of learning activities
Activity	"Zoom"-led online activity class.
Critique	Self-assessment to discover modifications to a specific movement. For example, lifting leg out to the side ("2nd position") needs exploration for proper use of hip joint.
Lecture	Lecture for technique, benefits and adjustments to movement.

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Discussion Boards
 E-mail Communication
 Video or Teleconferencing

Student-Initiated Online Contact Types

Discussions

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Physical practical exams
Other	Class Work - exercises, anatomy and biomechanics involved to safely perform technique.
Homework	Reading about, writing about and practicing technique.

Assignments

Reading Assignments

Example 1: Read JOFFREY BALLET SCHOOL'S BALLET-FIT, from Chapter 2, 'Learning with the mind and body'.

Example 2: Read BODYSTORIES: A Guide to Experiential Anatomy, pages 93-95 on the femur.

Writing Assignments

Write an essay describing function and difference between ligament and tendons.

Design a presentation explaining the importance of core stability in executing a grand battement tendu'.

Outside-of-Class Assignments

Attend a Pilates or yoga class and write a short paper on how these techniques and exercises may benefit dance technique.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

DeVito, F., E.Halfpapp

Title

Barre Fitness

Edition/Version

1st

Publisher

Quarto Publishing Group

Year

2016

SECTION G - Diversity, Equity and Inclusivity

How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?

Course is aligned with college's commitment for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students.

Course Codes (Admin Only)

CB00 State ID

CCC000511783

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No

Faculty Author's Comments

The text book is the most recent available.