

DANCE150 : Physical Reintegration

General Information

Author:	<ul style="list-style-type: none">Victor Robles
Course Code (CB01) :	DANCE150
Course Title (CB02) :	Physical Reintegration
Department:	DANCE
Proposal Start:	Spring 2025
TOP Code (CB03) :	(0835.80) Adapted Physical Education
CIP Code:	(51.2309) Therapeutic Recreation/Recreational Therapy.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000549793
Curriculum Committee Approval Date:	05/22/2024
Board of Trustees Approval Date:	07/16/2024
Last Cyclical Review Date:	05/22/2024
Course Description and Course Note:	DANCE 150 is an experimental movement class, for the student with neurological and/or physical disabilities. Students will learn exploration of body image awareness; integration of sensory modalities with motor processes; orientation; and relaxation. Note: Verification of disability must be on file in the Disabled Student Center.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	
Author:	
Course Family:	

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Physical Education (Adapted): Disabled Students Programs and Services
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is designated as an "approved special class" for students with disabilities.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	09/14/1987	No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07) 1.5

Maximum Credit Units (CB06) 1.5

Total Course In-Class (Contact) Hours 45

Total Course Out-of-Class Hours 36

Total Student Learning Hours 81

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

Course Student Hours

In Class	Out of Class	
Lecture Hours	1	2
Laboratory Hours	1.5	0
Studio Hours	0	0

Course Duration (Weeks)	18
Hours per unit divisor	0
Course In-Class (Contact) Hours	
Lecture	18
Laboratory	27
Studio	0
Total	45
Course Out-of-Class Hours	
Lecture	36
Laboratory	0
Studio	0
Total	36

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entry Standards

Entry Standards

Course Limitations

Cross Listed or Equivalent Course

Specifications

Methods of Instruction

Methods of Instruction Lecture

Methods of Instruction Laboratory

Methods of Instruction Discussion

Methods of Instruction Multimedia

Methods of Instruction Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Field Activities (Trips)

Methods of Instruction Guest Speakers

Methods of Instruction Presentations

Out of Class Assignments

- Attendance of GCC Dance Department performance
- Online research of basic relaxation techniques
- Written evaluation of the performance attended

Methods of Evaluation

Rationale

Exam/Quiz/Test	Class participation in critiques, analysis, and evaluation of dance performance
Exam/Quiz/Test	Journal
Exam/Quiz/Test	Movement exams
Exam/Quiz/Test	Final exam
Exam/Quiz/Test	Midterm exam

Textbook Rationale

classic textbook for this course

Textbooks

Author	Title	Publisher	Date	ISBN
Unkovich, Geoffrey	Dance Movement Psychotherapy with People with Learning Disabilities Out of the Shadows into the Light	Routledge	2017	9781138963320

Other Instructional Materials (i.e. OER, handouts)

No Value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Practice simple movement combinations integrating individual range of motion.

Discuss societal integration as pertinent to personal movement abilities.

Demonstrate breath and immobility as relaxation techniques.

Design individual exercises that explore slow and rapid movement of isolated body parts to improve motor skill.

Perform a basic movement combination.

SLOs

Perform a basic movement combination demonstrating spatial awareness within a group.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
<i>DANCE</i> Choreographic Studies and Dance Technique	Demonstrate technical dance skills using correct body alignment and muscle coordination
	Demonstrate technical dance skills using correct body alignment and muscle coordination
	Demonstrate technical dance skills using correct body alignment and muscle coordination
<i>DANCE</i> Dance Teaching - Certificate	Teach technical dance skills using correct body alignment and muscle coordination
<i>DANCE</i> Dance Teaching - A.S. Degree Major	Teach technical dance skills using correct body alignment and muscle coordination

Interpret music selection through movement and performance elements.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
<i>DANCE</i> Dance Teaching - A.S. Degree Major	Design lesson plans for children, adults, and seniors
<i>DANCE</i> Dance Teaching - Certificate	Design lesson plans for children, adults, and seniors
<i>DANCE</i> Choreographic Studies and Dance Technique	Explain dance vocabulary of various dance styles.
	Explain dance vocabulary of various dance styles.
	Explain dance vocabulary of various dance styles.

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Mechanics of Relaxation (4 hours)

- Breathing Contraction and release
- Immobility

- Reaction to immobility
- Hyperactivity
- Hypnosis and sleep
- Pulse rate
- At the beginning of class
- After physical activity

Inner Awareness (3 hours)

- Body scanning
- Memorizing imprint
- Centering

Outer Awareness (3 hours)

- Personal space
- Communal space
- Eye contact

Minimal Movement (3 hours)

- Isolation of body parts
- Slow movement of isolated body parts
- Rapid movement of isolated body part

Maximal Movement (5 hours)

- Movement of body parts to their limits
- Isolated In groups In space

Total Hours: 18

Laboratory/Studio Content

Mechanics of Relaxation (4 hours)

- Breathing Contraction and release
- Immobility
- Reaction to immobility
- Hyperactivity
- Hypnosis and sleep
- Pulse rate
- At the beginning of class
- After physical activity

Inner Awareness (5 hours)

- Body scanning
- Memorizing imprint
- Centering

Outer Awareness (5 hours)

- Personal space
- Communal space
- Eye contact

Minimal Movement (5 hours)

- Isolation of body parts
- Slow movement of isolated body parts
- Rapid movement of isolated body part

Maximal Movement (8 hours)

- Movement of body parts to their limits
- Isolated In groups In space

Total Hours: 27

Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

Yes

GCC Major Requirements

Physical Education

GCC General Education Graduation Requirements

No Value

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No Value

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value