



DANC 1225

Division: Fine Arts

Department: Dance

Course: DANC 1225

Title: Powerstretch

Catalog Description:

The purpose of this course is for students to learn specific skills and techniques to stretch and increase flexibility. By actively participating in the Powerstretch class, students will gain physical benefits such as an increase in range of motion, decreased risk of injury, increase in body awareness, better body alignment, and knowledge of the muscles of the body and how they interact.

General Education Requirements: N/A

Semesters Offered: Fall, Spring

Credit/Time Requirement: Credit: .5; Lecture: 0; Lab: 1.0

Offered for Non-Credit: Yes

Prerequisites: None

Corequisites: None

Justification:

Safe and effective stretches, correct posture and alignment and breathing techniques will enhance quality of life and activities in daily life. Learning correct techniques for stretching, including when and what kind of stretching to do is crucial to athletes as well as to the general population. This course transfers to four-year institutions in the Utah System of Higher Education as an elective credit.

Student Learning Outcomes:

Students will know how to warm up properly, a variety of stretching techniques, and proper alignment. Students will also have a knowledge of the muscles of the body and the principles of flexibility training.

Content:

Students will practice a wide variety of stretching exercises stretching every major muscle group of the body. Each class will begin with a warm-up followed by deep stretching.

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Students will know strategies for applying flexibility training principles to lifestyle choices by participating in the Powerstretch program. Through discussion of correct movement principles and flexibility exercises, and

correct anatomical terminology, students will have the knowledge to stretch and move safely in all physical endeavors. The instructor will offer regular feedback.

Key Performance Indicators:

Attendance and complete participation 100%.

Students are evaluated and given feedback by the instructor during their class participation.

Representative Text and/or Supplies:

No text required. Flexibility straps will be provided.

Optimum Class Size: 20

Maximum Class Size: 30

Signatures:

I hereby submit this course syllabus:

Donna Birk, MS, Adjunct Professor

I hereby find this course consistent with the goals and resources of the Dance Department:

Patricia Meredith, MFA, Assistant Professor, Chair

I hereby find this course consistent with the goals and resources of the Fine Arts Division:

Vance Larsen, MM, Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)