

COCONINO COMMUNITY COLLEGE
COURSE OUTLINE

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Revised by: Curriculum Committee
Status: Permanent
Effective: Fall 2015

Fall 2012
January 26, 2015

A. Identification

1. Subject Area: Dance (DAN)
2. Course Number: 157
3. Course Title: Bollywood Cardio Workout
4. Credit Hours: 1
5. Course Description : This dance-inspired workout achieves a cardiovascular component due to the expansive movements of Bhangra folk dance steps from the Punjab region of NW India. Includes choreography from Hindi Bollywood movies.

B. Course Goals: Bollywood Workout introduces the student to the basic movements of Bollywood and Bhangra folk dance styles to increase fitness through cardiovascular efficiency, muscle strength, and endurance.

C. Course Outcomes: Students will:

1. achieve a higher fitness level with regard to cardiovascular efficiency, muscle strength, and endurance;
2. develop a deeper understanding of the Punjab area of India;
3. Improve basic balance and kinesthetic awareness; fatigue muscle fibers resulting in greater endurance and strength;
4. identify basic food calories and implications of fat sources in personal diet;
5. develop an awareness of the diversity of other cultures and the culture, geography, food, movies, and global role of India;
6. and reflect upon how participation in this class helped reduce stress and develop camaraderie.

D. Course Outcomes Assessment will include:

1. attendance in class;
2. participation in class;
3. quiz on basic muscle mechanics, fat categories, calculating the method for cardiovascular efficiency;
4. and reflective paper discussing the possibility of stress reduction and success of camaraderie achieved in class.

E. Course Content will include:

1. Bollywood/Bhangra arm movements, steps and body positions;
2. basic choreographic combinations of #1;
3. mini-discussions of India's Punjab area, where Bhangra originated;
4. mMini-discussions of India's Bollywood movie culture;
5. calculate the Working Heart Rate, Resting Heart Rate and Recovery Heart Rate for measuring aerobic fitness;
6. basic muscle mechanics of the body and guidelines for Lifetime Fitness and Wellness;
7. and dynamic Warm-up * Aerobic activity * Static Held Stretches * BodySculpting * Cool Down.