

Approved

**Curriculum Instructional Council
Actions Approved – April 12, 2018 Addendum**

Subject: Dance (DANC) Discipline: Dance

<p>127 Movement for Wellness</p> <p style="text-align: right;">24 - 27 hours lecture, 24 - 27 hours lab, 2 units Letter Grade or Pass/No Pass Option</p> <p>This course builds on basic concepts of anatomy, physiology, and kinesiology to introduce traditional and non-traditional approaches to movement and injury prevention. Emphasis is placed on the following modalities: Yoga, Pilates, breath support (Tai Chi and Qi Gong), foam roller and theraband. Students are also introduced to Feldenkrais, Alexander Technique, and Bartenieff fundamentals. Student skills and proficiencies are enhanced by supervised repetition of various body modalities techniques, alignment and core stabilization, and body connections. This course is intended for Dance majors and all students interested in wellness through movement.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. CSU General Education.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>General Education</i></p> <p>Approved</p> <p><i>This course is being proposed at City for:</i></p> <ul style="list-style-type: none">• District General Education: Other Graduation Requirement <p><i>To be reviewed at the May 10th CIC meeting</i></p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2018</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCCO submission

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PROGRAM CHANGES

(Note: To view from *Proposals* screen, click *Program Search* button, scroll down to program name, then option title, if appropriate, and click *PR* icon.)

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