

Dance Aerobics and Fitness Certificate of Accomplishment - Active

Department: Physical Education and Dance

Approval: January 2019

Effective Semester: Fall 2019

The curriculum for this certificate will allow students to develop the skills required to pursue careers in dance and fitness education. The Dance Program provides comprehensive studies including history and theory, choreography, technique, performance and health maintenance. To meet diverse students' needs, various options are available.

Learning Outcomes

Upon completion of this program, students will be able to:

- Apply technical dance and movement skills to aerobic fitness practices.
- Use critical and creative skills in the processes required of dance and physical fitness education.
- Synthesize dance movement into individualized fitness plans.

At least 12 units need to be completed at CCSF.

The minimum time for completion of this certificate is 2 semesters. Completion time will vary based on student preparation and number of classes completed per semester.

Courses Required for the Certificate of Accomplishment in Dance Aerobics and Fitness

Course	Units
Choose 5 units from the following core courses:	
DANC 34A - Dance Conditioning	1.00
PE 8 - Intro to Fitness and Training	3.00
PE 9 - Fitness, Food, Managing Weight: Navigating Wellness	2.00
PE 14 - Toward Living Long & Strong: A New Fitness Paradigm	2.00
PE 20/HLTH 176 - Sports Nutrition	3.00
Total:	5.00
Choose 4 units from the following dance courses:	
DANC 34A - Dance Conditioning *	1.00
DANC 129A - Beginning Jazz Dance	1.00
DANC 129B - Advanced Beginning Jazz Dance	1.00
DANC 138A - Beginning Hip Hop Dance	1.00
DANC 138B - Advanced Beginning Hip Hop Dance	1.00
DANC 172A - Zumba: Latin Style Dance Forms	1.00
DANC 172B - Zumba: Street Style Dance Forms	1.00
* DANC 34A may be used to meet the dance course requirement if not taken to meet core requirement.	
Total:	4.00
Choose 2 units from the following movement/flexibility courses:	

PE 217A - Beginning Stretching and Flexibility Development	1.00
PE 217B - Intermediate Stretching and Flexibility Development	1.00
PE 219A - Beginning Yoga	1.00
PE 219B - Intermediate Yoga	1.00
DANC 173 - Yoga Movement	1.00
PE 222 - Introduction to Feldenkrais	1.00
Total:	2.00
Choose 4 units from the following fitness courses:	
PE 200B - Fitness Center Super Circuit	1.00
PE 200C - Fitness Center Super Circuit	2.00
PE 204A - Beginning Physical Fitness	1.00
PE 204B - Intermediate Physical Fitness	1.00
PE 207A - Boot Camp Fitness	1.00
PE 208A - Beginning Aerobic Fitness	1.00
PE 208B - Intermediate Aerobic Fitness	1.00
PE 210A - Beginning Boxercise	1.00
PE 210B - Intermediate Boxercise	1.00
PE 215A - Beginning Strength and Interval Training	1.00
PE 216A - Beginning Body Sculpting	1.00
PE 216B - Intermediate Body Sculpting	1.00
Total:	4.00
Total:	15.00

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