Course Syllabus

KINE 1139/2139 – Barre Above

Catalog Description: Barre Above is a fitness program that blends the latest exercise science with the principles of the Lotte Burke method (the genesis of the Barre movement) delivering a fusion of ballet, pilates, yoga and strength training to the workouts.

Prerequisites: General good physical condition or permission from physician.

Semester Credit Hours: 1
Lecture Hours per Week: 0
Lab Hours per Week: 3
Contact hours per Semester: 48

State Approval Code: 36.0108.51 23

Class section meeting time:

Core Components and Related College Student Learning Outcomes

This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree. Yes  No: If no, skip to Instructional Goals.

The items below marked with an X reflect the state-mandated outcomes for this course IF this is a CORE course:

- Critical Thinking Skills – to include creative thinking, innovation, inquiry and analysis, evaluation and syntheses of information
  - CT1: Generate and communicate ideas by combining, changing, or reapplying existing information
  - CT2: Gather and assess information relevant to a question
  - CT3: Analyze, evaluate, and synthesize information

- Communication Skills – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication
  - CS1: Develop, interpret, and express ideas through written communication
  - CS2: Develop, interpret, and express ideas through oral communication
  - CS3: Develop, interpret, and express ideas through visual communication

- Empirical and Quantitative Skills – to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
  - EQS1: Manipulate and analyze numerical data and arrive at an informed conclusion
  - EQS2: Manipulate and analyze observable facts and arrive at an informed conclusion

- Teamwork – to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal
  - TW1: Integrate different viewpoints as a member of a team
  - TW2: Work with others to support and accomplish a shared goal

Personal Responsibility – to include the ability to connect choices, actions, and consequences to ethical decision-making
PR1: Evaluate choices and actions and relate consequences to decision-making

Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities

SR1: Demonstrate intercultural competence
SR2: Identify civic responsibility
SR3: Engage in regional, national, and global communities

**Instructional Goals and Purposes:** The purpose of this course is to offer experience with a variety of barre above techniques to provide a high intensity cardio and muscular strengthening workout.

**LEARNING OUTCOMES:** After studying all materials and resources presented in the course, the student will be able to:

1. Understand the importance of developing and living a healthy lifestyle.
2. Become more familiar with a variety of barre above techniques
3. Understand and develop principles of stability
4. Become more familiar with safety and movement execution.

**Methods of Instruction/Course Format/Delivery:**

Demonstration and return demonstration will be the primary method of instruction from a certified barre above instructor.

**Assessment:** Grades will be solely based on attendance and participation.

**Course Grade:** The grading scale for this course is:
- 3 or fewer classes missed: A
- 4 classes missed: B
- 5 classes missed: C
- 6 classes missed: D
- 7+ classes missed: F

**Texts, Materials, and Supplies:**

*Supplies:* There is a $35 Lab Fee required for this course.

*Course Attire:* Students are encouraged to wear comfortable but somewhat “fitted” clothes such as stretch shorts, leggings, sweat pants, and t-shirts. Comfortable, supportive athletic shoes required. Sweat towel is optional, but HIGHLY recommended. Hair should be secured so as not to interfere with vision.

**Other:**

*No text required.*

For testing services, use the following link: [http://www.panola.edu/elearning/testing.html](http://www.panola.edu/elearning/testing.html)

If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to [http://www.panola.edu/student-success/disability-support-services/](http://www.panola.edu/student-success/disability-support-services/) for more information.

Withdrawing from a course is the student’s responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.