

# **Mt. San Antonio College**

## **History and Appreciation of Dance**

**Michelle Shear-Dance Department Chair**  
**History and Appreciation of Dance: DN-T 20**  
**CRN: 42744**  
**Days: 8:00—9:25 am**  
**Classroom: 720-2050**

**Email: mshear@mtsac.edu**  
**Voicemail: (909) 594-5611 ext: 3420**  
**Office Hours: M/W 7:30-8:00am**  
**11:30-12:30pm**  
**T/Th 7:30-8:00am**

**Dance Department Office: 2T-123**

**Professor Shear's Office: 44-1120A**

### **COURSE DESCRIPTION**

A survey of dance in western civilization. The history of dance in chronological sequence emphasizing the cultural background and historical development of various forms and styles of dance to include discussion of the influence of dance on other art forms.

### **STUDENT LEARNING OUTCOMES**

- DN-T 20 (History and Appreciation of Dance) students will be able to demonstrate an understanding of the chronological overview of western theatrical dance from the Renaissance period to the present.
- DN-T 20 (History and Appreciation of Dance) students will gain an appreciation of dance as a performing art.
- Identify a chronological overview of theatrical dance from renaissance court to present time.
- Identify major artists of dance periods.
- Analyze dance in film and live performance.
- Compare and contrast classical and contemporary periods of theatrical dance.
- Assess the cross-cultural influences that have shaped theatrical dance.

## Student Learning Outcomes

### Search Courses

- [Arson and Fire Investigation \(FIRE 10\)](#)
- [Basic Fire Academy \(FIRE 86\)](#)
- [Building Construction for Fire Protection \(FIRE 4\)](#)
- [Fire Apparatus and Equipment \(FIRE 11\)](#)
- [Fire Behavior and Combustion \(FIRE 5\)](#)
- [Fire Company Organization and Management \(FIRE 8\)](#)
- [Fire Fighting Tactics and Strategy \(FIRE 7\)](#)
- [Fire Hydraulics \(FIRE 9\)](#)

### Student Learning Outcomes

**Course Name:** History and Appreciation of Dance

**Course Number:** DN-T 20

**Course Objectives:**

- DN-T 20 (History and appreciation of Dance) students will be able to demonstrate an understanding of the chronological overview of western theatrical dance from the Renaissance period to the present.
- DN-T 20 (History and appreciation of Dance) students will gain an appreciation of dance as a performing art.
- Identify a chronological overview of theatrical dance from renaissance court to present time.
- Identify major artists of dance periods.
- Analyze dance in film and live performance.
- Compare and contrast classical and contemporary periods of theatrical dance.
- Assess the cross-cultural influences that have shaped theatrical dance.

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## Syllabus

Kin 34 -Fitness for Living – Winter 2023

CRN's-42386-42387

Professor Melinda Bowen MA - e-mail Mbowen@mtsac.edu

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## Communication is Key!

### How Will We Be Connecting This semester?

I value an interactive and personal learning environment and I intend to harness the technological tools available to us to communicate with you in a variety of ways.

I want to make sure you know that you're not alone in the course. I care about you, I care about the challenges you face, and I care about supporting your learning. Below are some of the ways I'll connect with you throughout the semester:

#### Office Hours

As an online student you may message me via the Canvas Inbox discussed above anytime and I will respond as soon as possible. I also set aside time each week to be available to you more directly if you need me. For this semester, I am available on **Monday between 7:00 pm. and Thursday 9:30 a.m.** where you may message me, and my reply will be during this time window. These are called *synchronous* office hours.

#### Office Hours:

**Note:** I am also happy to meet with you outside these times. Please Message me and we will set up a Zoom Conf or by Phone or video chat.

#### Introduction Post

Think of this first discussion as our first-class meeting. It's the first time that we'll virtually \*meet\* and start getting to know each other as unique and multifaceted individuals. Be sure to tell us a little about yourself in this first discussion. You'll receive a friendly reply from me as well as your classmates.

Posting to this first discussion forum is required and you may be dropped if you do not do so by the posted due date. February 22,2023

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## Course Description

This course is a survey and analysis of the components of health-related fitness and wellness. Students will explore various methods of evaluating current levels of fitness, nutritional habits, and stress. Students will develop their own safe and effective personal fitness and nutritional program. Several stress management techniques will be explored.

### Student Learning Outcomes

1. Students will be able to define and identify the Five Components of Health-Related Fitness and their appropriate assessment tools for each.
2. Students will be able to read and evaluate a nutritional food label.

### Student Performance Objectives

Identify common treatment procedures for exercise related injuries.

Examine the six dimensions of fitness and wellness.

Identify common assessments for components of fitness.

Describe safe and effective exercise programs

Develop personal fitness programs using the F.I.T.T. principles.

Students will be able to read and evaluate a nutritional food label.

Students will be able to define and identify the Five Components of Health Related Fitness.

8.

Read and evaluate food label

Students completing an assignment in Area E courses will demonstrate meaningful self-evaluation related to increasing their lifelong personal well-being.

Students will be able to define the 5 Components of Fitness and identify a benefit of each one.

Compare nutritional habits with federal nutritional guidelines.

Identify the relationship of exercise on disease prevention.

Analyze current levels of stress and identify appropriate types of stress management and relaxation techniques



Search Program/Discipline

Search Course

## Search Courses

Search Courses

- [Arson and Fire Investigation \(FIRE 10\)](#)
- [Basic Fire Academy \(FIRE 86\)](#)
- [Building Construction for Fire Protection \(FIRE 4\)](#)
- [Fire Apparatus and Equipment \(FIRE 11\)](#)
- [Fire Behavior and Combustion \(FIRE 5\)](#)
- [Fire Company Organization and Management \(FIRE 8\)](#)
- [Fire Fighting Tactics and Strategy \(FIRE 7\)](#)
- [Fire Hydraulics \(FIRE 9\)](#)
- [Fire Prevention Technology \(FIRE 2\)](#)
- [Fire Protection Equipment and Systems \(FIRE 3\)](#)

## Student Learning Outcomes

**Course Name:** Fitness for Living

**Course Number:** KIN 34

### Course Objectives:

- Identify common treatment procedures for exercise related injuries.
- Examine the six dimensions of fitness and wellness.
- Identify common assessments for components of fitness.
- Describe safe and effective exercise programs
- Develop personal fitness programs using the F.I.T.T. principles.
- Students will be able to read and evaluate a nutritional food label.
- Students will be able to define and identify the Five Components of Health Related Fitness.
- Read and evaluate food label
- Students completing an assignment in Area E courses will demonstrate meaningful self-evaluation related to increasing their lifelong personal well-being.
- Students will be able to define the 5 Components of Fitness and identify a benefit of each one.
- Compare nutritional habits with federal nutritional guidelines.
- Identify the relationship of exercise on disease prevention.
- Analyze current levels of stress and identify appropriate types of stress management and relaxation techniques.



Division of Kinesiology, Athletics, and Dance  
Syllabus

**Course Title:** Volleyball - Beginning

**Course #:** KINS-24A

**CRN:** 42173

**Semester:** Spring 2023

**Semester Units:** 1.0

**Class Days/Times:** M/W 9:45am-11:10am

**Instructor:** Samantha Neely

**Office Hours:** Tuesdays, 11:15am-12:15pm

**Class Location:** Building 720-1800 (Multi-purpose Gym)

**Office Location:** 720-1400E (Gym Coach Offices)

**Email:** [sneely@mtsac.edu](mailto:sneely@mtsac.edu) (Canvas Inbox preferred)

**Phone:** 909) 274-4344

### Course Content

Introduction to the volleyball rules, skills, techniques and strategies necessary to play the game of volleyball including, but not limited to, passing, serving, setting, hitting, blocking, and defense.

### Student Learning Outcomes

1. Students in the KINS 24 will develop improvement in passing skills for fundamentals
2. Students in KINS 24 will show improvement on the fundamentals of serving the ball over the net.

### Measurable Objectives

1. Demonstrate proper fundamental technique in passing, setting, hitting, serving, and blocking.
2. Recall major technical components for passing, setting, hitting, serving, and blocking.
3. Demonstrate an understanding for equipment safety through proper set up and break down of net system.
4. Define volleyball terminology and explain rules associated with the sport.
5. Demonstrate defensive skills.
6. Understand offensive strategies and position specific responsibilities.
7. Display ability to work as part of a team during competitive play.

### Class Rules

1. Arrive to class on time. Class starts promptly at 9:45am.
2. Everyone helps set up and tear down for each class.
3. Always give your best effort.
4. Be respectful to classmates and professor through your words and actions.
5. Ask questions if you don't understand something...the only silly question is the one that isn't asked!
6. No cell phones (if it is an emergency, please notify instructor)

### Grading

90 – 100%	A
80 – 89%	B
70 – 79%	C or Pass
60 – 69%	D or No Pass
0 – 59%	F or No Pass

### Rubric

In Class Workouts (20 @30 pts each)	600 pts
Assignments (2@50pts)	100 pts
Skills Assessments (2@50pts)	100 pts
Final	200 pts
Total	1000 pts

## Student Learning Outcomes

### Search Courses

- [Arson and Fire Investigation \(FIRE 10\)](#)
- [Basic Fire Academy \(FIRE 86\)](#)
- [Building Construction for Fire Protection \(FIRE 4\)](#)
- [Fire Apparatus and Equipment \(FIRE 11\)](#)
- [Fire Behavior and Combustion \(FIRE 5\)](#)
- [Fire Company Organization and](#)

### Student Learning Outcomes

**Course Name:** Volleyball - Beginning

**Course Number:** KINS 24A

**Course Objectives:**

- Students in the KINS 24 will develop improvement in passing skills for fundamentals
- Students in KINS 24 will show improvement on the fundamentals of serving the ball over the net.

**Mt. San Antonio College**  
**Division of Kinesiology, Athletics and Dance**

**KINF 51A SYLLABUS and COURSE PROCEDURES**  
**FALL 2022**

**AGILITY TESTING PREP for FIRE TECHNOLOGY and ADMIN of JUSTICE**

KINF 51A      CRN # 26166      MW 7:30 AM – 9:35 AM      1 UNIT

**INSTRUCTOR:** Liz Ward (Elizabeth)

**EMAIL:** [Eward@mtsac.edu](mailto:Eward@mtsac.edu)    **Phone:** (909) 594-5611 x3025

**OFFICE HOURS and OFFICE LOCATION:**

My Office

Hours are **Mondays from 12:00 – 1:00 PM** and **Tuesdays from 12:00 – 3:00 PM** in the **Kinesiology Division Office Bld. 744** located north of the Stadium. You can schedule a Zoom meeting if you wish. If you cannot connect with me during my office hours, I am always available via email and will respond within 24-48 hours.

## **COURSE INFORMATION**

**COURSE DESCRIPTION:**

This course

prepares the Fire Technology and Law Enforcement candidate to pass physical ability tests. The student's fitness and strength are challenged and instruction is given on proper apparatus technique.

**LOCKER/SHOWERS:**

Showers

are located in 742 stadium locker rooms. If you have a class directly following our KINF 51 class, let your instructor know so you can have time to shower.

**CLASS LOCATION:**

We

will always meet at the 750 FLEX field and you will park in lot "L."

**WORKOUT ATTIRE:**

Non-

restrictive athletic attire is recommended. Example: T-shirt, shorts, socks, and GOOD RUNNING SHOES. It is also a good idea to bring a sweatshirt and sweat pants for the cool mornings. Please bring water EVERY DAY.

**GRADE OPTION:**

This class

is available with a grading option of Pass/No Pass or letter grade. You have been registered to



receive a letter grade. If you wish to change to Pass/No Pass, you must do so through your portal by September 21, 2022.

#### STUDENT LEARNING OUTCOMES:

- Students taking KIN F51 will acquire proficiency in specific fitness categories toward public safety professions.
- Students taking KIN F51 will develop sufficient core strength.
- Students taking the KIN F51 will develop sufficient upper body strength.
- Students taking KIN F51 will attain sufficient strength in upper body to lift body weight several times.

#### DATES TO REMEMBER:

Start Date: 22-AUG-2022  
End Date: 11-DEC-2022  
Last Date to add class: 02-SEP-2022  
Last Date to drop with a refund: 02-SEP-2022  
Last Date to drop for No-Show: 02-SEP-2022

Last Date to drop without a "W": 05-SEP-2022  
Last Date to drop with a "W": 28-OCT-2022  
Last Date to change grading option: 21-SEP-2022  
Census Date: 06-SEP-2022  
Add Auth Expiration: 05-SEP-2022

#### GRADING:

Your final grade will be determined by the following:

<b>Workouts Completed</b>	<b>40%</b>
<b>Performance</b>	<b>10%</b>
<b>Improvement</b>	<b>20%</b>
<b>Assignment</b>	<b>10%</b>
<b>Mid-Term</b>	<b>10%</b>
<b>Final Exam</b>	<b>10%</b>

**Workouts:** Remember, "Workouts Completed" is 40% of your grade. The scale for Workouts Completed is:

29-30 Workouts Completed	A
27-28 Workouts Completed	B
25-26 Workouts Completed	C
24 Workouts Completed	D
23-0 Workouts Completed	F

3 Incompletes/Tardy = 1 Missed Workout

**\*\* ARRIVAL TO CLASS 20 MINUTES AFTER THE START OF CLASS WILL BE CONSIDERED A MISSED WORKOUT.**

## Student Learning Outcomes

Search Program/Discipline

Search Course

### Search Courses

Search Courses

- [Arson and Fire Investigation \(FIRE 10\)](#)
- [Basic Fire Academy \(FIRE 86\)](#)
- [Building Construction for Fire Protection \(FIRE 4\)](#)
- [Fire Apparatus and Equipment \(FIRE 11\)](#)
- [Fire Behavior and Combustion \(FIRE 5\)](#)
- [Fire Company Organization and](#)

### Student Learning Outcomes

**Course Name:** Agility Test Preparation Law and Fire - Beginning

**Course Number:** KINF 51A

**Course Objectives:**

- Students taking KIN F51 will acquire proficiency in specific fitness categories toward public safety professions.
- Students taking KIN F51 will develop sufficient core strength.
- Students taking the KIN F51 will develop sufficient upper body strength.
- Students taking KIN F51 will attain sufficient strength in upper body to lift body weight several times.