

**Crafton Hills College
Curriculum Committee**

Monday, February 25 , 2019

2:00 pm –CCR 233

Members: Gwen DiPonio (Co-Chair)(I), Kim Salt (Co-Chair)(I), Denise Allen, Debbie Bogh (II), Kirsten Colvey, Troy Dial, Kellori Dower, Kristen Garcia, Laurie Green (I), Kristina Heilgeist, Catherine Hendrickson, Rick Hogrefe (II), Van Muse, Shohreh Rabarnia (II), Miriam Saadeh, Reyna Uribe, Sherri Wilson (II), Dan Word, Keith Wurtz

1. Approval of Minutes February 11, 2019
2. Action Items

COURSE MODIFICATIONS

- a. **KIN/F 168ABCD Yoga I,II,IV** (to see course outline go to SEARCH, COURSES in CurricUNET)*
Originator Colleen Maloney-Hinds
Rationale: DE Approval
Not Currently Equated with Valley
- b. **SOC 150 Gerontology** (to see course outline go to SEARCH, COURSES in CurricUNET)*
Originator Julie McKee
Rationale: Six year revision
Currently Equated with SOC 150
- c. **READ/N Fundamentals of Reading** (to see course outline go to SEARCH, COURSES in CurricUNET)*
Originator Ryan Bartlett
Rationale: Changes for AB-705
Not Currently Equated with Valley

NEW COURSES

- d. **IEC/N 010 United States Citizenship** (to see course outline go to SEARCH, COURSES in CurricUNET)*
Originator Julie McKee
Rationale: To serve the immigrant community.
Not Currently Equated with Valley
- e. **KIN/D 150A Belly Dancing I** (to see course outline go to SEARCH, COURSES in CurricUNET)*
Originator Colleen Maloney-Hinds
Rationale: Cultural diversity is important for our students to experience. This course helps to improve the fitness level of our students, encourages the love of dance and exposes students to music and cultural from various parts of the world.
Belly dance classes are offered off campus in our community but not on our campus yet.
Not Currently Equated with Valley
- f. **KIN/F 107CD Zumba Fitness III,IV** (to see course outline go to SEARCH, COURSES in CurricUNET)*
Originator Colleen Maloney-Hinds
Rationale: So students can take the 3rd level of Zumba.
We have been offering a Zumba only section of our aerobics class for the past couple of years now. We have also offered free Zumba sessions as well. To make sure students can find the course and that we advertise properly we need to have the course under its true name and not just a sub-section. Zumba is still a huge part of the fitness industry and local gyms are doing fantastic with enrolling their classes. We just need people to know we offer it as well. This particular course allows students to further improve their fitness levels with Zumba.
Not Currently Equated with Valley

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- g. **KIN/F 121CD Mind and Body Fusion III,IV** (*to see course outline go to SEARCH, COURSES in CurricUNET*)*
Originator Colleen Maloney-Hinds
Rationale: Students have a wide range of abilities, interests and needs. We currently don't offer many courses that cater to the needs of those of with lower fitness levels, advanced age or with disabilities. This class would offer opportunities for both those populations. In addition there is a big push to increase the awareness of movement through mind body exercises. This class will also offer meditation which helps to reduce stress and ease other physical and mental health issues. Intermediate-advanced level so students can continue to learn and improve their fitness with this course.
Not Currently Equated with Valley
- h. **KIN/F 166BCD Barre Fitness II, III,IV**(*to see course outline go to SEARCH, COURSES in CurricUNET*)*
Originator Colleen Maloney-Hinds
Rationale: In ballet training, the barre is the horizontal handrail dancers grip while perfecting their technique. Barre-style workouts take those classic ballet warmup exercises and reimagine them for a much wider audience. While it may seem like a recent phenomenon, barre strength and flexibility training have been used in France since the time of Louis XVI. The modern-day fitness version uses isometric toning to strengthen everything from your ankles and calves up through your knees, hips and glutes. Barre movements are all about improving range of motion, strength and flexibility in your lower half by forcing one of your legs to perform graceful and precise movements while the standing leg performed weight bearing activity and stabilizes the body. Barre is also effective at targeting the “support and steady” muscles that run close to your bones and tie into your core and spine—these particular muscles become weak in those who sit for prolonged periods of time. Barre is also low impact and has a built-in handhold, making it a safe form of exercise. For older adults at risk for falls, barre may be a good way to improve stability and avoid accidents. This course is wonderful for those who are out of shape, overweight, have joint issues, have balance issues or are just looking to get more fit.
Second semester level.
Not Currently Equated with Valley

3. Operational Issues

Next Meeting: March 25, 2019

2:00 pm – Room CCR 233
