DANC 350.4 Cardio Dance IV

DANC 350.4 CARDIO DANCE IV

Continuation of DANC 350.3. Advanced level steps, stretches, and toning exercises choreographed to Latin, hip hop, jazz, ballet, modern, popular, and contemporary dance rhythms. Designed to increase cardiovascular health while learning dance movements in a non-competitive environment. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab **Prerequisites:** DANC 350.3

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC

