Bemidji State University

PHED 1604: Skills for Life: Social Dance I

A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *
Prerequisites: None
Corequisites: None
MnTC Goals: None

This beginner-level activity course examines and applies the fundamentals and skills of contemporary, popular, and club style partner dances not typically included in a classic ballroom syllabus. [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Appropriate music selection
2. Basic step variations
3. Dance postures
4. Dances steps for: fox trot, waltz, tango, Viennese waltz, rumba, cha cha, bolero, east cost swing, mambo, erengue, samba, west coast swing
5. Leading and following

D. LEARNING OUTCOMES (General)

1. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
2. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
3. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.
4. demonstrate his/her ability to perform a selected Smooth Dance.
5. understand the basic history of dance.
6. understand the basics of dance floor etiquette.
7. understand the differing leader and follower responsibilities.
8. demonstrate his/her ability to perform a selected Rhythm Dance.
9. collaborate with other students to assess their dance steps on a daily basis.
10. demonstrate proper (a) posture; (b) step length; (c) eye contact; (d) lead cues/follow responses; and (e) music awareness.
11. develop an understanding and an appreciation for the dance experience.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus
G. SPECIAL INFORMATION

None noted