Bemidji State University

PHED 1606: Skills for Life: American Style Ballroom 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

An activity course that examines and applies the fundamentals and skills of classic ballroom dance. The steps taught are from the Dance Vision International Dance Association (DVIDA) American Bronze syllabus. [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES: 05/13/2009 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Fundamentals and skills of classic ballroom dance

D. LEARNING OUTCOMES (General)

1. Understand the basic history of all dances taught in class.
2. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
3. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
4. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.
5. Understand the basics of dance floor etiquette.
6. Understand the differing leader and follower responsibilities.
7. Demonstrate ability to perform selected Smooth Dances.
8. Demonstrate ability to perform selected Rhythm Dances.
9. Understand appropriate music selections for each dance.
10. Understand and appreciate the dance experience.
11. Demonstrate proper frame, lead and follow skills, rise and fall, sway, foot positions, proper turn, and rhythm patterns and music awareness.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted