

# Bemidji State University

## PHED 1604: Skills for Life: Social Dance I

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

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. Liberal Education Goal Area 11.

**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 his/her ability to perform a selected Rhythm Dance.
2. understand the differing leader and follower responsibilities.
3. understand the basics of dance floor etiquette.
4. understand the basic history of dance.
5. demonstrate his/her ability to perform a selected Smooth Dance.
6. collaborate with other students to assess their dance steps on a daily basis.
7. demonstrate proper (a) posture; (b) step length; (c) eye contact; (d) lead cues/follow responses; and (e) music awareness.
8. 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