

# Bemidji State University

## PHED 1606: Skills for Life: American Style Ballroom Dance I

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

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.

**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. Understand the basics of dance floor etiquette.
3. Understand the differing leader and follower responsibilities.
4. Demonstrate ability to perform selected Smooth Dances.
5. Demonstrate ability to perform selected Rhythm Dances.
6. Understand appropriate music selections for each dance.
7. Understand and appreciate the dance experience.
8. 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