

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