

Physical Education (PHED) 1605 Beginning Social Dance (1 Unit) CSU

Hours and Unit Calculations:

48 lab hours (48 Total Student Learning Hours) 1 Unit

Catalog Description: This course is an introduction to social dance. Students will explore the fundamental dance skills found in a social dance environment (i.e. Bachata, Salsa, Tango, Waltz, Swing, etc) varying by semester. This includes partnering techniques, posture, leading, following, spatial awareness, musical timing, and rhythm timing.

Type of Class/Course: Degree Applicable

Course Objectives:

By the end of the course, a successful student will be able to:

1. Demonstrate fundamentals of basic movements and dance patterns individually and with a partner,
2. Differentiate appropriate music and step patterns for each dance style,
3. Apply understanding of musical timing individually and with a partner,
4. Collaborate with partners of all backgrounds and ability levels,
5. Experience the benefits of social dance such as body awareness, fitness, creativity, self-expression, social interaction, stress reduction, and self-confidence.

Course Scope and Content: Laboratory

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| Unit I | Music Theory |
| | A. Music timing: 4/4 and/or 3/4 |
| | B. Measure |
| | C. Phrase |
| | D. Structure |
| Unit II | Rhythm Units |
| | A. Beats |
| | B. Rests |
| Unit III | Fundamental Movement Concepts: Individual |
| | A. Center point of balance |
| | B. Posture and frame |

- C. Transfer of weight
- D. Foot positions
- E. Turns

Unit IV Fundamental Movement Concepts: Partner

- A. Posture and frame
- B. Leverage and compression
- C. Leading and following
- D. Spatial awareness including line of dance
- E. Positions
- F. Patterns
- G. Etiquette

Learning Activities Required Outside of Class

The students in the class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Skill practice
2. Listening to music
3. Watching instructional and performance videos

Methods of Instruction

1. Verbal instruction
2. Demonstrations
3. Multimedia

Methods of Evaluation

1. Skill demonstrations
 - a. Skill improvement
 - b. Movement execution
 - c. Choreographed performance
2. Participation

Supplemental Data:

T.O.P. Code:	0835.00 Physical Education
Sam Priority Code:	E: Non-Occupational

Funding Agency:	Y: Not Applicable (funds not used)
Distance Learning:	Not Applicable
Program Status:	Program Applicable
Noncredit Category:	N: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: No Applicable
Cooperative Work Experience:	N: Is not a part of a cooperative work experience education program
Eligible for Credit by Exam:	No
Eligible for Pass/No Pass:	Yes
Discipline:	Dance, Physical Education, Health Ed., Kinesiology