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Physical Education (PHED) 1615 Intermediate Social Dance (1 Unit) CSU

Prerequisite: Successful completion of PHED 1605 with a grade of “C” or better

Prerequisite knowledge and skills: Before entering the course, the student should 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.

Hours and Unit Calculations:

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

Catalog Description: This course continues the practice of social dance at the intermediate level. Students will explore more complicated dance skills found in a social dance environment (i.e. Bachata, Salsa, Tango, Waltz, Swing, etc) varying by semester. This course emphasizes the development of intermediate individual and partner techniques, patterns, styling, 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 intermediate movements and dance patterns individually and with a partner,
2. Execute seamless transition when moving from one dance style to another,
3. Apply creative interpretation 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

- Unit I Rhythm and Musicality
- A. Beats
 - B. Rests
 - C. Musical interpretation
- Unit II Intermediate Movement Concepts: Individual
- A. Hip and torso movement
 - B. Turns
 - C. Creativity and styling
- Unit III Intermediate Movement Concepts: Partner
- A. Leverage and compression
 - B. Positions
 - C. Patterns
 - D. Creativity and styling
- Unit IV History and Culture
- A. History of select dance style(s)
 - B. Cultural significance

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 Education, or Kinesiology