

I. COURSE INFORMATION

- A. Health and Physical Education 119 Lifetime Group Activities (Dance)
- B. 1 credit hour
- C. No textbook required
- D. Prerequisites: None

II. COURSE DESCRIPTION

This course will provide exposure to several lifetime dance activities.

III. LEARNING OUTCOMES

- A. Demonstrate skill knowledge of the special vocabulary of dance
- B. Describe and demonstrate the techniques of leading and following
- C. Describe and demonstrate the various dance positions, basic dance steps, and turns
- D. Demonstrate skill in dancing Smooth dances (foxtrot, swing, tango, and waltz)
- E. Demonstrate skill in dancing Latin dances (cha-cha-cha, mambo, rumba, merengue, salsa, & samba)

IV. MAJOR CONTENT AREAS

- A. Vocabulary of dance
- B. Dance positions and moves
- C. Different styles/types of dance

V. ASSIGNMENTS (may include but are not limited to)

- A. Writing assignments
- B. Research assignments
- C. Computer research of various sources of ballroom dance music
- D. Participation in smooth dances
- E. Participation in Latin dances

VI. EVALUATION METHODS (may include but are not limited to)

- A. Attendance and participation
- B. Activities
- C. Quizzes and exams