

CENTRAL WASHINGTON UNIVERSITY

DEPARTMENT OF HEALTH, HUMAN PERFORMANCE AND NUTRITION

PHYSICAL EDUCATION ACTIVITY CLASS SYLLABUS

PED 118 Beginning Ballroom Dance

Course Information

Title: PED 118 Ballroom Dance I, 1 credit
Days and Time: W 7:00-9:00pm
Location of Class: Nicholson Pavilion Dance Studio 106

Faculty Information

Instructor: Therese Young
Office Hours: M/W 11-12 T/TH 10-11 F-11-12
Dance Studio: Nicholson Pavilion 106
Email: youngth@cwu.edu

Course Description

This course is designed to introduce the traditional ballroom dances of Foxtrot, Waltz and Swing. Mixer and novelty dances will also be included within the course.

CWU Center for Teaching and Learning

CTL.1.1	STANDARD: Candidates demonstrate subject matter knowledge in areas of endorsement
CTL.1.2	STANDARD: Candidates demonstrate a thorough understanding of pedagogical content knowledge
CTL.1.3	STANDARD: Candidates demonstrate a thorough understanding of professional and pedagogical knowledge and skills
CTL.1.4	STANDARD: Candidates reflect dispositions expected of professional educators
CTL.1.5	STANDARD: Candidates demonstrate a positive impact on student learning.

Washington State Dance Standards

S1.1 defines the basic concepts and vocabulary of dance.

S3.1 demonstrates use of movement elements, expressive qualities, and technical proficiency in performing dance.

S3.2 demonstrates various dance genres.

LEARNER OUTCOMES

ASSESSMENT OF OUTCOMES

Demonstrate the ability to define (both orally and in written format) beginning level ballroom dance vocabulary.

Students will identify vocabulary through written and skill tests.

Demonstrate beginning level ballroom dance steps.
Demonstrate spatial and kinesthetic awareness

Students will demonstrate steps during classroom skill tests.
Students will demonstrate through in class movement combinations.

Perform simple rhythmic movement patterns.

Students will correctly perform various rhythms within classroom combinations.

Demonstrate good partnership and social etiquette skills.

Students will utilize good partnership and etiquette skills during classroom dance experiences.

Demonstrate the skills necessary to lead or follow.

Student will demonstrate leading and following skills during class practice sessions and skill tests.

Apply theoretical knowledge of correct dance technique in class.

Students will demonstrate good alignment principles and appropriate body mechanics while dancing in class.

Demonstrate safety precautions appropriate to this activity.

Students will follow all safety procedures as defined in class.

Learning Experiences/Instructional Methods and Activities

- Active participation in the dance class
- Demonstrations
- Self and/or peer evaluations
- Performance or skill tests
- Practice individually

Class Attendance: Attendance at all classes is expected and will be incorporated into the final grade for the course. Roll will be taken daily.

Absences may be excused with a doctor's note, hospital documentation, attendance at a mandatory school function with prior notice from the supervising faculty member, or instructor's discretion for extenuating circumstances.

Daily Class Participation: To be considered in attendance, students are expected to dress appropriately for activity, be in class on time and participate productively until the class is officially ended. Students are also expected to listen and follow instructions, demonstrate a positive attitude about learning, and demonstrate social skills appropriate to the activity. Failure to carry out these expectations will result in an absence.

Participation as based on attendance shall be graded as follows:

- A = Absence of 0-2 hours or 1 class
- A- = Absence of 2 hours or 1 class and 2 late arrivals
- B+ = Absence of 3 hours or 1 ½ classes
- B = Absence of 4 hours or 2 classes
- F = Absence of 5 hours

Grading: Final grades will be based on:

- a) Daily class participation and progress 75%

The grade for this criterion shall be determined by participation records demonstrating regular attendance and appropriate etiquette and social behavior. Since active participation is the major objective of the activity classes, students should make every effort to attend all class meetings. If you are absent more than 20% of the class meetings, (i.e. 2 evenings or four hours) you will automatically fail the class.

- b) Written exam on terminology 25%

Students shall be held accountable for information presented concerning terminology, skills, combinations, etiquette, safety, etc. The grade for this criterion shall be determined by a written test to be administered on the last regularly scheduled day of class.

General Information

The following policies are in effect while class is in session:

Students are responsible for their own valuables. It is strongly recommended that students not bring them into class.

Special Requirements:

No text is required. Selected written materials will be provided by the instructor.

Special clothing requirements: Clothing and grooming should be appropriate for partner dancing.

Special footwear requirements:

*Any shoe worn outside the dance studio will not be allowed unless it has been cleaned!

A leather-soled dance shoe is recommended.

Safety Policies

Safety rules specific to this activity class include:

Attention to correct technique and body alignment is required throughout the class sessions.

Do not wear footed tights, socks or slippery shoes on the dance floor.

All injuries must be reported to the instructor immediately.

Campus police shall transport injured students needing professional medical attention to the appropriate medical facility.

For serious injuries an ambulance will be called with the consent of the victim or implied consent is given if the victim is unconscious.