

KIN 0053 - BALLROOM DANCE

Catalog Description

Formerly known as PHED 51D

Hours: 36 activity per unit

Description: Basic skills in social and ballroom dance steps, including Swing, Salsa, Tango, Waltz, Fox Trot, Cha-Cha, Rumba, Mambo, and Samba. Includes dance etiquette, development of rhythm, and the history of social dances. (CSU, UC)

Course Student Learning Outcomes

- CSLO #1: Demonstrate proper dance steps with combinations.
- CSLO #2: Critique patterns as specified by the instructor.
- CSLO #3: Evaluate the safety procedures associated with a proper dance environment.
- CSLO #4: Examine the evolution of the social components of ballroom dance.
- CSLO #5: Identify the health related components of ballroom dance.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Describe the history of ballroom dance;
2. Expand on the evolution of the social components of ballroom dance;
3. Identify and summarize the health and wellness components of ballroom dance;
4. Assemble a glossary of dance terminology;
5. Exhibit both an effective, and efficient, dance frame for a leader or follower role;
6. Discuss, describe and demonstrate responsible individual dance and floor etiquette, and the proper dance attire associated with each dance.
7. Demonstrate and perform basic techniques for specific dances;
8. Perform a variety of dance steps, patterns and combinations;
9. Identify specific dances to corresponding music;
10. Develop a foundation for building future complex dance patterns.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity

- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Objective Examinations
 - Example: Example: What is appropriate individual dance and floor etiquette for the Fox Trot? Answer will be assessed based upon accuracy of response.
- Projects
 - Example: Describe the proper way for partners to create a frame in a waltz for both a leader and a follower position.
- Skill Demonstrations
 - Example: Perform a dance sequence to music exhibiting understanding of dance steps and appropriate movement to corresponding music.

Repeatable

No

Methods of Instruction

- Activity

Activity:

1. The instructor will explain and demonstrate a dance, and then have the students practice until the students can demonstrate and perform basic techniques for the assigned specific dance.
2. Instructors will promote the understanding of dance foundation including: dance steps, patterns, and combinations, by assigning readings from the text and various handouts related to the subject of building complex dance patterns. (For example: The instructor will assign readings from Chapters of the course text; "Ballroom Dancing" and require student discussion in class.)
3. Instructor will employ the teaching method of Discovery Learning by having students address the issues of effective and efficient dance frame for a leader or follower role. Students will gather data and observations, participate in the different roles, explain their understanding in written form using college level writing skills. (For example: The instructor will describe and demonstrate a 16-count dance pattern with transitions. Then the instructor will have the students use that information as a model to create and demonstrate their understanding of the proper dance frame for both the leader and follower.)

Typical Out of Class Assignments Reading Assignments

1. Read all chapters of the course text, including ballroom dance steps: Swing, Foxtrot, Rumba, Tango, Line Dance, Lambada, Cha-Cha, Waltz, Two-Step, Jitterbug and Salsa With Style. Be prepared to demonstrate the steps.
2. Read and be prepared to discuss assigned internet articles regarding history and technique of ballroom dance.

Writing, Problem Solving or Performance

1. Work with a group to create, and then perform, a selected dance for the class. 2. Produce a journal chronicling new terminology and dance sequences presented by the instructor. 3. Demonstrated improvement and analysis of student dance performance.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Ballroom Dancing: A Strictly Fantastic Step by Step Guide to Mastering all your Favorite Dance Moves
 - Author: Craig Revel Horwood
 - Publisher: Hodder & Stoughton General Division
 - Publication Date: 2019
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.