

PED 186
DANCING FOR FITNESS

COURSE DESCRIPTION:

Prerequisites: None

Corequisites: None

This course is designed to develop movement and recreational dance skills, safety, fitness, coordination, and techniques used to teach various groups. Emphasis is placed on participation and practice with adapting dances for ages and ability levels. Upon completion, students should be able to demonstrate knowledge of fitness through social, folk, and square dance participation and instruction. *This course has been approved to satisfy the Comprehensive Articulation Agreement for transferability as a pre-major and/or elective course requirement.* Course Hours Per Week: Lab, 3. Semester Hours Credit, 1.

LEARNING OUTCOMES:

The student will be able to:

- a. Develop an awareness of movement and recreation dance skills related to dance and exercise;
- b. Learn about choreographing dance and exercise for various ages and skill levels;
- c. Demonstrate knowledge of fitness through social, folk, and square dance movements;
- d. Learn safety precautions for performing dance and exercise movements.

OUTLINE OF INSTRUCTION:

- I. Introductory lesson outline
 - A. Course objectives
 - B. Class procedures
 - C. Methods of evaluation
- II. Fundamentals of instruction
 - A. Health benefits of dancing and exercise
 - B. Development of dance and exercise movements
 - C. Safety precautions and injury prevention
 - D. Choreographing and adapting dance for various ages and skill levels
 - 1) Social dance
 - 2) Folk dance
 - 3) Square dance

- III. Testing and evaluation
 - A. Skills evaluation
 - B. Written final

REQUIRED TEXTBOOKS AND MATERIALS:

None

STATEMENT FOR STUDENTS WITH DISABILITIES:

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.