

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 171 (001) - Latin Dance (1)
1 Credit, Spring 7
MW / RAC 2227 A - Fairfax Campus

Faculty

Name:

Office hours: By Appointment

Office location: RAC 2227 A

Office phone:

Email address: TBA

Prerequisites/Corequisites

None

University Catalog Course Description

Provides knowledge base of dance fundamentals and skill development in various Latin dances and will include basic rhythms, dance positions, floor alignments, techniques of leading and following, and maintenance of dance frame in partner dancing. Introduces dances which may include but not restricted to Merengue, Mambo, Samba, Salsa, and Bachata.

Course Overview

N/A

Course Delivery Method

This course will be delivered using a face-to-face format.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Explain certain dance fundamentals applicable to music, rhythm, dance frame, dance positions, dance floor alignments, leading and following.
2. Give a brief historic background of at least two of the Latin dances taught.
3. Recognize and state a dance from the music and/or the dance step pattern.
4. Demonstrate (individually and with a partner) the patterns taught in class.
5. Define aerobic activity and describe how dance can be an aerobic activity.

Professional Standards N/A

Upon completion of this course, students will have met the following professional standards:
N/A

Required Texts

None

Optional: Hanna, J. L. (2006). *Dancing for Health: Conquering and Preventing Stress*. NY: AltaMira Press

Viewing: Videos from the course are provided in the Blackboard site. Videos will contain the Amalgamations required for the dance practical and for the written test.

1. For dance history info: <http://danceintime.com/history.htm> and <http://danceintime.com/historyAmerica.htm>
2. For a chart of dance rhythms, visit: <http://danceintime.com/LatinSwing.htm>

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and Examinations**

The homework and practice test = 40 points.

Home work is practicing the dances learned in class. The practice exam will determine the grade for homework.

1. Attendance =70 points
 - i. 5 points will be given each day with a deduction of 1 point for each five-minutes that a student is late. Attendance/Participation score will be the number of points a student gains each day. Absences AND tardies are not excused without a doctor's note. The doctor's note must be presented immediately upon returning to class with the dates the student is to be excused and a statement of what the student can and cannot do in yoga.
 - ii. **One letter-grade will be deducted for two unexcused absences.
2. **Emailing the instructor does not excuse the student from class.
 - a. A student will be considered late if they arrive after the class period begins and leaving more than 10minutes before the end of the class will be considered an early departure. One absence is permitted. Two "tardies" will equal one absence as will two "early departures." If a student has two absences, he/she will lose 5 grade points, for 3 absences he/she will lose 10 points and beyond that 15 points will be lost.
3. Written Exam = 20 points – Will cover terms, history, and short essay of items covered in class.

4. *Also, extra credit project is available for those who wish to boost grades and are ambitious to learn additional material in terms of dance steps.*

OPTIONAL EXTRA CREDIT: (2 Types-Select one – Can earn up to 5 additional points)

1. Attend two classes outside of GMU that cover one or more of the dances we are studying in this course. (Classes taught by the instructor can be attended, or classes at any other dance school.) Submit a paper stating the date and location of the classes attended, and describe in a few sentences what you learned.
2. Learn an additional dance from the social ballroom curriculum and demonstrate for the practical.

- **Other Requirements**

Participation-students are required to participate with a good attitude, energy, and good sportsmanship each day. Points will be deducted from total points for lack of any of the above or continued reminders to improve sportsmanship toward the instructor, classmates, and topics covered.

- **Course Performance Evaluation Weighting**

Class Participation – 70
 Homework and Practice Exam – 40
 Written Exam – 20
 Total 130 points

- **Grading Policies**

A = 94 – 100	B+ = 88 –89	C+ = 78 –79	D = 60 – 69
A- = 90 – 93	B = 84 –87	C = 74 –77	F = 0 – 59
	B- = 80 –83	C- = 70 –73	

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

DATE	TOPIC
Week 1	Introduce basic movement concepts such as weight, steps, and posture
Week 2	Continue with Salsa, Merengue, & Bachata

Week 3	Introduce fundamentals of Samba Review the other dances. Discuss lead and follow technique, frame, dance position, and continue working on moves in the dances.
Week 4	Introduce Mambo & Cha Cha; review other dances
Week 5	Lecture week- Homework due. Discuss course reading material. Review dance steps.
Week 6	Continue learning dance steps. Begin final practicum exams in class.
Week 7	Complete final practicum exams. Take written exam. Extra credit practical & “cool” moves in dance

Students are expected to exhibit professional behaviors and dispositions at all times.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

Template Revision Date: August 2016

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Class Schedule

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Assessment Rubric(s)

[Insert rubric(s) here for Performance Based Assessment(s) and/or other assignments]

[Additional Program or Division content, instructions, and graphics may be placed here, as appropriate]