

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

RECR 172 (001) – Social Dance I
1 Credit, Spring 2019
MW 12:00-1:15 pm / RAC 2002 –Fairfax Campus

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Provides a knowledge base of dance fundamentals and skill development in various ballroom dances and includes basic rhythms, dance positions, floor alignments, techniques of leading and following, and maintenance of dance frame in partner dancing.

Course Overview

N/A

Course Delivery Method

This course is an activity course.

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,
2. Demonstrate dance floor alignments, leading and following.
3. Give a brief historic background of at least two of the ballroom dances taught. 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 Foxtrot, Waltz,

- Tango, Cha Cha, Rumba, East Coast Swing.
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

Hand outs and videos

Course Performance Evaluation

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

• Assignments and Examinations

Homework, a written exam, a practicum (“dance”) exam, and class performance/participation, will be part of the assessment of how well students learned the course material. The “practicum” exam near the end of the class will involve students showing footwork and dancing through some of the moves that were covered in class, individually and/or in partnership. A written exam will be given to test understanding of the reading material and the dance moves.

Homework will also be required. Finally, an important part of the grade will come from class participation and performance of the dance steps throughout the class sessions.

• Other Requirements

Students who miss more than 1 class will have points deducted from their participation grade. Students who are more than 5 mins late to class or leave early more than once will have points deducted as detailed below. Seventy points (70 points) of this component comes from class participation and thirty points from homework. Each day, five points are given for a total of 70 points towards class participation. The homework counts for 30 points. The total points a student earns from class participation and homework account for half of their final grade.

- In accordance with the Mason Attendance Policies, “Students are expected to attend the class periods of the courses for which they register. In-class participation is important to the individual student and to the class as a whole. Because class participation may be a factor in grading, instructors may use absence, tardiness or early departure as de facto evidence of non-participation.”
- A student will be considered late if they arrive after the class period begins and leaving more than 10 minutes 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.
- Doctor’s notes are needed to excuse absences. Phones calls, emails, texts do not

excuse absences but are welcome for planning purposes. Doctor's notes must be submitted immediately upon return to class.

- **Course Performance Evaluation Weighting**
Class participation/performance comprise **85%**
Practicum exam comprises **10%**
Written homework/ video viewings comprises **5%**

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.

- **Make up options (1.A or B) and Extra credit (2)**

1. A. Participate in ONE DSE- Dance Sport Endurance class at Sport and Health Regency, McLean.
B. See any dance performance and write a paragraph on it for submission..
2. Learn an additional dance from the social ballroom curriculum and demonstrate for the practical.

- **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/policies-procedures/>

Course Schedule

DATE	TOPIC
Week 1	Introduce basic moves in Salsa and East Coast Swing. Dance fundamentals

Week 2	Introduce basic moves in Foxtrot and Cha Cha; review Salsa & Swing.
Week 3	Introduce fundamentals of Rumba & Waltz. Review the other dances.
Week 4	Discuss lead and follow technique, frame, dance position, and continue working on moves in the dances.
Week 5	Discuss course reading material. Review dance steps. Dance as aerobic exercise.
Week 6	Continue learning dance steps. Begin final practicum exams in class.
Week 7	Complete final practicum exams. Take written exam. If time permits, continue reviewing and learning more dance steps.

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

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>)
- 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 silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- 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/>.

- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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