

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

RECR 171 Latin Dance (1)
1Credit, Fall 2019
1030-1145 am MW / RAC 2002 – RAC 2002 Fairfax Campus
8/26-10/13

Faculty

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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 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, 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

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, 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.

Attendance =70 points

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 regarding dance.

**One letter-grade will be deducted for two unexcused absences.

**Emailing the instructor does not excuse the student from class.

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.

Written Exam = 20 points – Will cover terms, history, and short essay of items covered in class.

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	

Class Schedule

DATE	TOPIC
Week 1	Introduce basic movement concepts such as weight, steps, and posture. Talk about the benefits of learning to dance.
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

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

Professional Dispositions

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

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 follow the university policy stating that all sound emitting devices shall be silenced 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/> .