

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

RECR 171 Latin Dance (1)  
1Credit, Spring 2022  
MW 1030-1145 am Distance Learning  
1/24-3/13

**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 course will be delivered online (76% or more) using a synchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on [Day and/or Time].

**Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.**

## *Technical Requirements*

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:

[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#supported-browsers](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers)

To get a list of supported operation systems on different devices see:

[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#tested-devices-and-operating-systems](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems)

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool. [Delete this sentence if not applicable.]
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
  - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
  - Windows Media Player: <https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
  - Apple Quick Time Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)

## *Expectations*

- Course Week: Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes.
- Log-in Frequency:

Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 2 times per week. In addition, students must log-in for all scheduled online synchronous meetings. [Include this sentence only if the course is synchronous. Delete the sentence if the course is asynchronous.]

- Participation:

Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.

- Technical Competence:

Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.

- Technical Issues:

Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

- Workload:

Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

- Instructor Support:

Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

- Netiquette:

The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

- Accommodations:

Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

## **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) 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 from the virtual sessions are not excused without a doctor's note. The doctor's note must be provided 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 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 virtual 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.

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	

### Professional Dispositions

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

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

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

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

## GMU Policies and Resources for Students

### 1. GMU Policies and Resources for students

#### *Policies*

1. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
2. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
3. 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.
4. 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 <https://ds.gmu.edu>).
5. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

#### *Campus Resources*

1. Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
2. **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:** As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason’s Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).
3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.