

# HHPA 150 : CULTURAL DANCE FITNESS

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## Transcript title

Cultural Dance Fitness

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

Designed to introduce individuals to various types of energetic dance styles from Africa to the Caribbean in a fun, dance fitness setting as well as learning the art of choreography. Integrates several dance styles (i.e., West African, Dance Hall, Hip-Hop) to a variety of beats and rhythms from around the world. Designed for all levels.

## Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of cultural dance to develop overall physical fitness and enhance sport activities.
3. Develop a better understanding of the various types of cultural dances and the history of each.
4. Increase student's ability to memorize and retain different combinations of cultural dance choreography.

## Content outline

Introduction to Cultural dance Learn dance sequences, West African, Dance Hall) Review first set of dance sequences Learn new dance sequences (Hip-Hop, Latin Review second set of dance sequences

## Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

## General education/Related instruction lists

- Health