

# HHPA 153 : AEROBIC DANCE-HIP HOP

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## Transcript title

Aerobic Dance-Hip Hop

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

Explains the growing awareness of hip hop as a mind-body, dance-style aerobic movement. Includes choreographed moves with each class and building upon each other as a sequenced routine.

## Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of hip hop dance to develop overall physical fitness and enhance sport activities.
3. List the four elements of Hip Hop and explain the history of each.
4. Increase student's ability to memorize and retain different steps and hip-hop moves.

## Content outline

Introduction to Hip Hop Exam History of Hip Hop Learn, perform and review eight 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