

HHPA 154 : DANCERCISE

Transcript title

Dancercise

Credits

1

Grade mode

Standard letter grades

Contact hours total

30

Other hours

30

Description

High-energy activity class emphasizing dance movements including jazz, contemporary and salsa styles.

Learning outcomes

1. Explain the relationship between human behavior and health.
2. Safely engage in bodily skill development by using the fundamentals of dance to develop overall physical fitness and enhance exercise/sport activities.
3. Develop S.M.A.R.T. goals based on personal vision of wellness, which includes: physical activity, nutrition, and positive self-image.
4. Demonstrate proper posture and alignment and how to develop a strong core.
5. Compare and contrast various types of dance.
6. Describe the benefits of dance.

Content outline

Introduction to Dancercise
Fitness testing and SMART Goal Setting
Learn Zumba Style Dance
Learn Pop Style dance
Learn Middle Eastern Style Dance
Learn Zumba Style Dance
Learn Thriller "Thrill the World"
Learn Swing/Lindy Hop

Required materials

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

Grading methods

This course will include attendance in the grading and may include written work, quizzes, journal projects and other assignments.

General education/Related instruction lists

- Health