

HHPA 154 : DANCERCISE

Transcript title

Dancercise

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

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

Course 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 SMART 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

1. Fitness testing and SMART goal setting
2. Zumba style dance
3. Pop style dance
4. Middle Eastern style dance
5. Zumba style dance
6. Thriller "Thrill the World"
7. Swing/Lindy Hop

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