

FLORIDA STATE COLLEGE AT JACKSONVILLE

COLLEGE CREDIT COURSE OUTLINE

COURSE NUMBER:	DAA 1300
COURSE TITLE:	Ballroom Dancing I
PREREQUISITE(S):	None
COREQUISITE(S):	None
CREDIT HOURS:	2
CONTACT HOURS/WEEK:	2
CONTACT HOUR BREAKDOWN:	
Lecture/Discussion:	1
Laboratory:	
Other <u>Activity</u> :	1
FACULTY WORKLOAD POINTS:	1.5
STANDARDIZED CLASS SIZE ALLOCATION:	20

CATALOG COURSE DESCRIPTION:

This survey course is designed to introduce beginning students to the different branches (i.e. smooth, rhythm, Latin) of ballroom dancing. Emphasis is on basic techniques such as foot positions, body alignment, leading/following, balance and timing in the following dances: Foxtrot, Waltz, Tango, Rhumba, Cha-Cha-Cha, and Swing. In addition, a brief overview of the history of ballroom dancing will be provided. No previous dance experience is necessary for successful completion of the class.

SUGGESTED TEXT(S):	No text required. Appropriate dance wear is required.
IMPLEMENTATION DATE:	Fall Term, 1997 (981)
REVIEW OR MODIFICATION DATE:	Fall Term, 1998 Fall Term, 2002 (20031)

COURSE TOPICS	CONTACT HOURS <u>PER TOPIC</u>
I. Introduction	2
A. Overview of Course and Requirements B. Class Dress Code/Dance Etiquette C. History of Ballroom Dance and Cultural and Ethnic Influences	
II. Basics and Techniques	10
A. Foot Positions B. Dance Positions C. Basic Footwork (Learn Use of Space, Coordination, Balance, Ballroom Terminology) D. Directional Movement (Spotting, Balance) E. Tempo/Timing (Rhythm, Syncopation)	
III. Leading/Following and "Styling"	15
A. Basic Steps for Foxtrot, Waltz, Tango B. Basic Steps for Rhumba, Cha-Cha-Cha, Swing	
IV. Performance Evaluation	3

STUDENT COMPETENCIES AND OUTCOMES:

1. Students will develop and refine skills in techniques of ballroom dance.
2. Students will learn proper alignment, placement, stability, flexibility, rhythm, musicality, and use of energy necessary for ballroom/Latin and other popular dance movement.
3. Students will gain poise and confidence in self and body.
4. Students will increase knowledge and appreciation of dance as an art form.
5. Students will attain greater knowledge of historical and cultural significance of ballroom.
6. Students will expand performance skills.
7. Students will be more comfortable in social situations that encourage dancing and improve communication skills.
8. Students will explore the creative process.
9. Students will relax and have fun. Ballroom is not tedious nor overtaxing.
10. Novice dancers will become interested in other dance forms outside of ballroom.