

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

PHYE 553

COURSE TITLE

BALLROOM DANCING

ALTERNATE TITLE(S)

BALLROOM DANCING (MEN);
BALLROOM DANCING (WOMEN)

TYPE COURSE

FEE

CATALOG COURSE DESCRIPTION

Designed to develop basic skills in the more popular traditional ballroom dances including the latest fad dances. Mastery of step patterns, movement, quality and style will be emphasized.
(FT)

LECTURE/LABORATORY HOURS

3 hours per week
(for 9 weeks) of lecture/application

ADVISORIES

Beginning level – none.

Intermediate level - The completion of at least one session of ballroom instruction.

Advanced - The completion of at least two sessions of ballroom instruction.

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.
4. Personal and Professional Development
SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self-advocacy skills to cope with changing situations in their lives.

COURSE GOALS

Achievement of the course objectives will enable the student to:

1. Develop the skills necessary for a student to be able to perform basic ballroom dances.
2. Develop the ability to dance to the rhythm of each particular ballroom dance.
3. Develop poise and confidence.
4. Learn and enjoy ballroom dance steps in a recreational atmosphere.

COURSE OBJECTIVES

Upon completion of the beginning level class, the student will be able to understand the basic steps, rhythm and essence of the Fox Trot, Rumba, Waltz and Swing.

Upon completion of the intermediate level class the student will be able to understand the basic steps, rhythm and essence of the Tango and the Cha Cha as well as adding new patterns to the four previously learned dances.

Upon completion of the advanced level class the student will be able to perform all six of the previously learned dances with improved footwork and proper posture and frame.

SECTION II

COURSE CONTENT AND SCOPE

1. Introduction
2. Fox Trot
 - 2.1. Basic steps
 - 2.2. Rhythm
 - 2.3. Poise and posture
3. Rumba
 - 3.1. Basic steps
 - 3.2. Rhythm
 - 3.3. Poise and posture
4. Waltz
 - 4.1. Basic steps

COURSE CONTENT AND SCOPE (CONTINUED)

- 4.2. Rhythm
- 4.3. Poise and posture
- 5. Swing
 - 5.1. Basic steps
 - 5.2. Rhythm
 - 5.3. Poise and posture
- 6. Tango
 - 6.1. Basic steps
 - 6.2. Rhythm
 - 6.3. Poise and posture
- 7. Cha Cha
 - 7.1. Basic steps
 - 7.2. Rhythm
 - 7.3. Poise and posture

APPROPRIATE READINGS

NONE

WRITING ASSIGNMENTS

NONE

OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

EVALUATION

The student will be evaluated on his knowledge of the fundamentals of ballroom dancing based on his/her self evaluation of their performance and instructor observation.

METHOD OF INSTRUCTION

The instructor will demonstrate the isolated step patterns with and without music. This demonstration will be followed by individual and group practice of the isolated dance steps. The instructor will then demonstrate the patterns with a partner and then have the students (as couples) execute the patterns with music.

TEXTS AND SUPPLIES

There is no text, but the instructor will provide a cassette tape recorder, phonograph, cassette

TEXTS AND SUPPLIES (CONTINUED)

tapes and records.

PREPARED BY Carl Davis DATE May 7, 1985

REVISED BY Instructional Services, SLOs added DATE March 10, 2017

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog