Course Syllabus

Department: Physical Education & Integrated Health Care

Date: September 2012

I. Course Prefix and Number: PE 202

   Course Name: Creative Dance

   Credit Hours and Contact Hours: 2 credit hours, 2 contact hours

   Catalog Description including pre- and co-requisites: This form of dance allows for the expression of ideas and feelings through the medium of human movement. The course provides an opportunity for self-expression and creativity through discussion and performance of basic elements of dance. No prerequisite.

   Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:

This course can be used to fulfill the Physical Education requirement for all majors at FLCC.

II. Course Student Learning Outcomes:

   The Student Will:

   1. Understand the wellness benefits of dance.
   2. Transform actions from a functional level to an artistic level.
   3. Discover and implement different levels of: walking, running, skipping, hopping, collapsing, balancing, leaping and spinning.
   4. Differentiate grouping of actions and transform the actions into a dance.
   5. Develop movement sensation in relationship to time, energy and space.
   6. Assemble a dance workbook compiled during the course.
   7. Design and perform a final choreographic project.

College Learning Outcomes Addressed by the Course: (check each College Learning Outcome addressed by the Student Learning Outcomes)

☐ writing  ☐ computer literacy
☐ oral communications  ☑ ethics/values
☐ reading  ☐ citizenship
☐ mathematics  ☐ global concerns
☑ critical thinking  ☐ information resources
III. Assessment Measures (Summarize how the college and student learning outcomes will be assessed): For each identified outcome checked, please provide the specific assessment measure.

<table>
<thead>
<tr>
<th>List identified College Learning Outcomes(s)</th>
<th>Specific assessment measure(s)</th>
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| Critical thinking                           | • Student will differentiate levels of movement and implement actions into dance  
  • Analyze movement sensation and transform actions into groupings of performance  
  • Design a project |
| Ethics/Values                               | • Student will critique and perform dances to develop ethics and values regarding appreciation of lifetime wellness. |

IV. Instructional Materials and Methods

Types of Course Materials:

Instructor hand-outs

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

Lecture, discussions, demonstrations, video analysis and participation in activities and projects

V. General Outline of Topics Covered:

1. Wellness Benefits of Dance

2. Elements of Dance

   a) Space - Shape, Dynamics, Dimensions-volume, Design-pattern, Level, Direction, Line-path, Focus, Positive and Negative space, Personal space, Environmental space, Symmetry-Asymmetry
   b) Time - Tempo: slow, moderate, fast; Speed: regular, irregular; Musical Aspects: pulse, measure, phrase, accent, rests, rhythmic patterns; Kinetic Timing; Emotional Timing; Metric Timing

3. Neuromuscular Excitation Patterns: Sustained, Restrained, Undulatory, Burst
4. Basic Locomotor and Axial Movements
   a) Locomotor: Walk, Run, Leap, Jump, Hop
   b) Axial: Bend, Stretch, Twist, Swing

5. Combinations of Movements
   a) Locomotor movements: Skip, Slide, Gallop, Step-hop, Two-step, Schottische, Polka, Waltz, Mazurka
   b) Axial movements: Push, Pull, Strike, Dodge, Rock and sway, Lift, Sit, Fall, Turn
   c) Adapted locomotor: Crawl, Roll