

CATALOG INFORMATION

Dept and Nbr: DANCE 37.1     Title: BALLROOM DANCE I  
Full Title: Ballroom Dance I  
Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	2.00	3	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 35.00

Title 5 Category: AA Degree Applicable  
Grading:                Grade or P/NP  
Repeatability:        22 - 4 Times in any Comb of Levels  
Also Listed As:  
Formerly:              PE 32.1

**Catalog Description:**  
This course establishes a solid foundation in ballroom dance technique and basic skills. Will include common ballroom dances: foxtrot, waltz, swing, and cha cha. May also include an introduction to: mambo, salsa, tango, samba, rumba, and/or nightclub two-step.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Course Completion of DANCE 10 ( or PE 22 or PE 145)

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: This course establishes a solid foundation in ballroom dance technique and basic skills. Will include common ballroom dances: foxtrot, waltz, swing, and cha cha. May also include an introduction to: mambo, salsa, tango, samba, rumba, and/or nightclub two-step.  
(Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended: Course Completion of DANCE 10 ( or PE 22 or PE 145)

Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: 4 Times in any Comb of Levels

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>		Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>		Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>		Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Spring 1996	Inactive:
<b>UC Transfer:</b>	Transferable	Effective:	Spring 1996	Inactive:

### **CID:**

**Certificate/Major Applicable:**  
Certificate Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of the course the student will be able to:

1. Demonstrate the basic skills and steps of common ballroom dances.
2. Demonstrate proper ballroom dance alignment.
3. Apply basic ballroom dance terminology.
4. Demonstrate proper technique in leading and/or following a partner.
5. Perform footwork, rhythms, and basic patterns of common ballroom dances.
6. Count musical accompaniment for dances and identify rhythmical elements unique to each dance.
7. Discuss the historical origins of common ballroom dances.
8. Execute various ballroom dances in a social ballroom situation.
9. Apply elements of styling as appropriate for each ballroom dance.
10. Utilize proper ballroom dance protocol and etiquette.

### **Topics and Scope:**

This course covers waltz, swing, cha cha, and foxtrot and may also include an introduction to one or two of the following: mambo, salsa, tango, samba, rumba and nightclub two-step.

- I. History of selected dances
  - A. Origins and cultural background
  - B. Role of music in development of dances
- II. Basic techniques in leading and following ballroom dance movements
  - A. Correct postures and holds
  - B. Partnering
  - C. Floor craft: moving around a crowded social dance floor easily
- III. Musicality
  - A. Recognition of a variety of meters and tempos in dance movement and musical accompaniment
  - B. Use of rhythmic variation

- C. Relating dance movement to musical styles
- IV. Basic ballroom vocabulary
  - A. Footwork patterns
  - B. Holds
  - C. Basic elements common to all ballroom dances
  - D. Proper alignment
- V. Styling (will vary depending on dances being studied) Examples:
  - A. Rise and fall in foxtrot and waltz
  - B. Cuban motion in cha cha
  - C. Bounce in swing
- VI. Ballroom dance etiquette

### Assignment:

#### In class assignments

1. Practice and demonstration of ballroom material presented in class (including verbalization of patterns and counts)
2. Ballroom dance practice in a social dance event setting
3. Performance Exams
4. Note-taking in class when appropriate
5. Written exam

#### Homework (for full semester course approximately one hour per week)

1. Weekly practice of skills and patterns presented in class
2. Reading of class handouts
3. Miscellaneous homework assignments which may include:
  - a. Viewing and learning new material from instructional dance videos
  - b. Viewing of ballroom performances or competitions with written comments on technique, musicality, identification of style and patterns

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Video comments	Writing 0 - 10%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams	Skill Demonstrations 20 - 40%
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**Exams:** All forms of formal testing, other than skill performance exams.

May include any of the following types of exam: Multiple choice, True/false, Matching items, Completion, Essay

Exams  
20 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Instructor prepared materials