

Crafton Hills College Course Outline

1. **Discipline:** Physical Education
2. **Department:** Health and Physical Education
3. **Course Title:** Ballroom/Swing/Salsa
4. **Course I.D.:** PE/I 163X4
5. **Prerequisite(s):** None
Corequisite(s): None
Departmental Recommendation(s): None

6. **Semester Units:** .5-1

7. **Minimum Semester Hours:**

Lecture: 0 Lab: 24-48 Clinic: 0 Field: 0

8. **Need for the Course:**

Ballroom/Swing/Salsa is representative of the variety of course offerings necessary to maintain comprehensive physical education and theatre arts programs. These departments are making a concerted effort to expand dance offerings. Ballroom/Swing/Salsa is a timely class that focuses on a popular form of dance while improving cardiovascular fitness and coordination. This course is associate degree applicable and transfers to CSU and UC.

9. **Goals for the Course:**

- A. To assist students in acquiring the physical skills necessary to perform various forms of ballroom, swing, and salsa dance.
- B. To improve students' fitness, movement control and rhythm.
- C. To teach students the basic principles of partner dancing.
- D. To impart the knowledge required for students to exercise safely with minimum risk of injury.
- E. To enhance the course offerings of the Health and Physical Education Department.
- F. To partially satisfy the physical education/nutrition/health education general education requirement for an associate degree.

10. **Catalog Description:**

Basic principles of Ballroom/Swing/Salsa dance. Development of physical skills including rhythm, syncopation, partnering and body expression. Dance forms include Waltz, Foxtrot, Salsa, East Coast Swing, West Coast Swing, Cha Cha Cha and Night Club Two

PE/I 163X4

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Last Updated: 2/17/05

Board Approved: 04/14/05

Semester Effective: Fall 2005

Step. This course may be taken four times. This course is also offered as THART 163X4.

11. Schedule Description:

Basic principles of Ballroom/Swing/Salsa dance.

12. Entrance Skills:

A. Requisite Skills: None

B. Recommended Skills: None

13. Course Objectives:

Upon satisfactory completion of the course students will be able to:

- A. Identify, perform, and critique the Waltz
- B. Identify, perform, and critique the Foxtrot
- C. Identify, perform, and critique the Salsa
- D. Identify, perform and critique the East Coast Swing
- E. Identify, perform and critique the West Coast Swing.
- F. Identify, perform and critique the Cha Cha Cha
- G. Identify, perform and critique the Night Club Two Step.
- H. Develop strength, endurance, rhythm, and muscular control.
- I. Improve self confidence and grace of movement.

14. Representative Texts and Instructional Materials:

Wright-Patterson, J. (2003). Social Dance Steps to Success. (2/e) Champaign, IL: Human Kinetics

Harris, J. (2003). Social Dance (2/e). San Francisco, CA: Benjamin Cummings Publishing

Allen, J. (2002). The Complete Idiot's Guide to Ballroom Dance. Indianapolis, IN: Alpha Books

15. Course Content:

- A. History and evolution of modern dance styles
- B. Techniques for Ballroom/Swing/Salsa dancing
 - 1. Rhythm
 - 2. Syncopation
 - 3. Partnering
 - 4. Leading
 - 5. Following a lead
 - 6. Body expression
- C. Components of waltz
 - 1. Basic Waltz boxes
 - 2. Basic Waltz turns
- D. Components of Foxtrot
 - 1. Basic Foxtrot boxes
 - 2. Basic Foxtrot travel

- 3. Partnering
- E. Components of Swing
 - 1. Basic 6 count East Coast Swing
 - 2. Basic 6 count West Coast Swing
- F. Components of Partner Dances
 - 1. Rhythm
 - 2. Footwork
 - 3. Leading (encoding information)
 - 4. Following (decoding information)
 - 5. Combining steps
 - 6. Unison dance
 - 7. Dance floor negotiation
- G. Salsa Techniques
 - 1. Basic
 - 2. Cucaracha
 - 3. Side basic
 - 4. Cross over
 - 5. Cross body
 - 6. Outside underarm
 - 7. Alternating underarm
 - 8. Spot turn
 - 9. Cradle
 - 10. Around the world
- H. Components of the Night Club Two Step
 - 1. Basic steps
 - 2. Advanced steps and moves

16. Methods of Instruction:

- A. Lecture-discussion
- B. Videotapes
- C. Demonstration
- D. Group and partner work
- E. Skill practice

17. Assignments and Methods of Evaluation

- A. Participation in class activities and commitment to skill improvement (50-90%)
- B. Written exams (0-20%)
- C. Skill performance exams (10-30%)

18. Distributed Education Methods of Instruction: None