



Syllabus

HPE 102 Basic Rhythms

General Information

Date

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Author

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Department

Physical Education and Integrated Health Care

Course Prefix

HPE

Course Number

102

Course Title

Basic Rhythms

Course Information

Credit Hours

1

Lecture Contact Hours

0.5

Lab Contact Hours

1.5

Other Contact Hours

0

Catalog Description

This course provides the opportunity for students to experience and learn dance steps and movement patterns for several types of dances. Representative styles include Ballroom/Social dancing, Latin dancing, Line dancing, and Folk dancing. Students will also learn to identify the musical beats and rhythms appropriate for each dance. Throughout the course students compile a portfolio of selected dances for future use.

Key Assessment

This course does not contain a Key Assessment for any programs

Prerequisites

None

Co-requisites

None

Grading Scheme

Letter

First Year Experience/Capstone Designation

This course **DOES NOT** satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality

Inquiry

Perseverance

Course Learning Outcomes

Course Learning Outcomes

1. Perform the basic steps and movement patterns for all the dances explained in class.
2. Identify fundamental rhythmic elements (eg. music genre and/or components, dance styles).
3. Describe dance positions and movement patterns.
4. Compile a portfolio summarizing all dances performed.

Outline of Topics Covered

- I. Dance Fundamentals:
 - a. Leading techniques and responsibilities
 - b. Follower's responsibilities

- c. Dance rhythm and style
 - d. Dance positions
 - e. Dance formations
- II. Ballroom Dances (eg. Foxtrot, Waltz, Tango)
- a. Musical style
 - b. Steps
 - c. Timing
 - d. Rhythm
- III. Latin Dances (eg. Merengue, Cha Cha, Rumba, Mambo)
- a. Musical style
 - b. Steps
 - c. Timing
 - d. Rhythm
- IV. Social Dances (eg. Hustle, Swing)
- a. Musical style
 - b. Steps
 - c. Timing
 - d. Rhythm
- V. Line Dance introduction
- VI. Folk Dance introduction