

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 174 (001) Competitive Ballroom and Latin Dancing (1)
1 Credit, Fall 2017
MW/RAC 2227A Fairfax Campus RAC 2002

Faculty

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Prerequisites/Co-requisites

RECR 171, 172, or 173 or Permission of instructor.
Please contact instructor.

University Catalog Course Description

Increase knowledge base of dance fundamentals and skill development in the competitive style of Latin and Ballroom dances. Students are exposed to alignments, techniques of leading and following, and maintenance of dance frame in partner dancing in competitive dances.

Course Overview

Course Delivery Method

This course will be delivered using Face-face format.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Articulate & demonstrate dance fundamentals in the competitive Pre Bronze/Bronze level applicable to music, rhythm, dance frame, dance positions, dance floor alignments, leading and following.
2. Distinguish and demonstrate the differences between the competitive dance sport style and the social style.

3. Demonstrate (individually and with a partner) the patterns from the Pre Bronze and Bronze level dancing in the International syllabus as recognized in Ballroom competitions.
4. Explain how competitive dance is judged, distinguishing between the different syllabi.

Professional Standards N/A

Required Texts

None. Videos and handouts will be posted on Blackboard as needed.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and Examinations**

- Homework assignments -
(Reading assignments, drill practice, viewing videos, question/answers regarding videos, research assignment related to judging competition)
- Practicum exam -
Identify and demonstrate Dance to the Pre Bronze/Bronze standards when given music.
- Written exam -
Based on materials covered in class to include: Rules of competitive dance, conditioning for dance, benefits of dance, dance steps. (Short answer questions).

Also, extra credit project is available for those who are ambitious to learn additional material in terms of dance steps for competition.

- **Other Requirements**

Class attendance- (5 pts per day) -

The total points depend on the calendar. Students who are more than 5 min. late to class or leave early more than once will have a point deducted for each 5 minutes the student is late or leaves early. See attendance policy below. To receive full participation grade students must attempt all dances as instructed, demonstrate a positive attitude and cooperation, and come prepared for each class.

In accordance with the Mason Attendance Policies, “Students are expected to attend the class periods of the courses for which they register. In-class participation is important to the individual student and to the class as a whole. Because class participation may be a factor in grading, instructors may use absence, tardiness or early departure as de facto evidence of non- participation.”

A student will be considered late if they arrive after the class period begins and leave more than 5 minutes before the end of the class will be considered an early departure. One absence is permitted. Two “tardies” will equal one absence, as will two “early departures.” If

a student has two absences, he/she will lose 5 grade points, for 3 absences he/she will lose 10 points, 4 or more the student will lose 15 points. Absences are excused with a doctor's note only. While emailing does help a student prepare for the class emails do not excuse an absence. Doctor's note must be provided immediately upon return to class.

Required Materials

BALLROOM practice shoe (suede sole)

- **Course Performance Evaluation Weighting**

- Class Attendance – 70 points
- Homework Assignments – 30 points
- Practicum Exam – 25 points
- Written Exam – 25 points
- Total – 150 points**

- **Grading Policies**

A	= 94 –100	B+	= 88 –89	C+	= 78 –79	D	= 60 – 69
A-	= 90 –93	B	= 84 –87	C	= 74 –77	F	= 0 – 59
		B-	= 80 –83	C-	= 70 –73		

Professional Dispositions

See <https://cehd.gmu.edu/students/policies-procedures/>

Class Schedule

- Week 1 Review all dance steps for relevant dances from RECR 171-173
- Week 2 Rules and benefits of competitive dance, steps allowed, Frame
- Week 3 Drills for Latin Dances and Drills for ballroom dances
- Week 4 International Syllabus for Rumba and Cha Cha: Musicality & Timing
- Week 5 International Syllabus Tango, Fox Trot, Waltz: Musicality & Timing
- Week 6 Homework Due & Practice all Dances
- Week 7 Class competition for dance routines
- Week 8 Final Practicum exams; Take written Exam
- Final Week Extra credit practical and advance moves in open choreography

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).
- The George Mason University Office of Student Support staff helps students negotiate life

situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.