

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

RECR 171 Latin Dance (1)  
1Credit, Spring 2020  
1030-1145 am MW / RAC 2002 – RAC 2002 Fairfax Campus

**Faculty**

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**Prerequisites/Corequisites**

None

**University Catalog Course Description**

Provides knowledge base of dance fundamentals and skill development in various Latin dances and will include basic rhythms, dance positions, floor alignments, techniques of leading and following, and maintenance of dance frame in partner dancing. Introduces dances which may include but not restricted to Merengue, Mambo, Samba, Salsa, and Bachata.

**Course Overview**

N/A

**Course Delivery Method**

This course is an activity-base class.

**Learner Outcomes or Objectives**

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

1. Explain certain dance fundamentals applicable to music, rhythm, dance frame, dance positions, dance floor alignments, leading and following.
2. Give a brief historic background of at least two of the Latin dances taught.
3. Recognize and state a dance from the music and/or the dance step pattern.
4. Demonstrate (individually and with a partner) the patterns taught in class.
5. Define aerobic activity and describe how dance can be an aerobic activity.

## Professional Standards N/A

### Required Texts

None

Optional: Hanna, J. L. (2006). *Dancing for Health: Conquering and Preventing Stress*. NY: AltaMira Press

Viewing: Videos from the course are provided in the Blackboard site. Videos will contain the Amalgamations required for the dance practical and for the written test.

1. For dance history info: <http://danceintime.com/history.htm> and <http://danceintime.com/historyAmerica.htm>
2. For a chart of dance rhythms, visit: <http://danceintime.com/LatinSwing.htm>

### 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**

The homework and practice test = 40 points.

Home work is practicing the dances learned in class. The practice exam will determine the grade for homework.

Attendance =70 points

5 points will be given each day with a deduction of 1 point for each five-minutes that a student is late. Attendance/Participation score will be the number of points a student gains each day. Absences AND tardies are not excused without a doctor's note. The doctor's note must be presented immediately upon returning to class with the dates the student is to be excused and a statement of what the student can and cannot do in yoga.

\*\*One letter-grade will be deducted for two unexcused absences.

\*\*Emailing the instructor does not excuse the student from class.

A student will be considered late if they arrive after the class period begins and leaving more than 10minutes 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 and beyond that 15 points will be lost.

Written Exam = 20 points – Will cover terms, history, and short essay of items covered in class.

\*Also, extra credit project is available for those who wish to boost grades and are ambitious to learn additional material in terms of dance steps.\*

OPTIONAL EXTRA CREDIT: (2 Types-Select one – Can earn up to 5 additional points)

1. Attend two classes outside of GMU that cover one or more of the dances we are studying in this course. (Classes taught by the instructor can be attended, or classes at any other dance school.) Submit a paper stating the date and location of the classes attended, and describe in a few sentences what you learned.
2. Learn an additional dance from the social ballroom curriculum and demonstrate for the practical.

- **Other Requirements**

Participation-students are required to participate with a good attitude, energy, and good sportsmanship each day. Points will be deducted from total points for lack of any of the above or continued reminders to improve sportsmanship toward the instructor, classmates, and topics covered.

- **Course Performance Evaluation Weighting**

Class Participation – 70  
 Homework and Practice Exam – 40  
 Written Exam – 20  
 Total 130 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/>

DATE	TOPIC
Week 1	Introduce basic movement concepts such as weight, steps, and posture. Talk about the benefits of learning to dance.
Week 2	Continue with Salsa, Merengue, & Bachata

Week 3	Introduce fundamentals of Samba Review the other dances. Discuss lead and follow technique, frame, dance position, and continue working on moves in the dances.
Week 4	Introduce Mambo & Cha Cha; review other dances
Week 5	Lecture week- Homework due. Discuss course reading material. Review dance steps.
Week 6	Continue learning dance steps. Begin final practicum exams in class.
Week 7	Complete final practicum exams. Take written exam. Extra credit practical & “cool” moves in dance

Students are expected to exhibit professional behaviors and dispositions at all times.

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

#### 1. GMU Policies and Resources for students

##### *Policies*

- a. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- c. 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.
- d. 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 <https://ds.gmu.edu>).
- e. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

##### *Campus Resources*

1. Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns

regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.

2. **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:** As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason’s Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).
  3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
  4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.
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