



**LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:**

At the conclusion of this course, the student should show an ability to:

**DANCE:**

1. Understand the elements of rhythm, tempo, space, pattern and intensity
2. Understand the basics of applying rhythmic activities with small equipment.
3. Understand the basics of traditional and contemporary dance, including: Line-dance, Square dance, Ballroom Dancing, Latin and Swing, Jazz, Hip-Hop and Rhythmic Movement.
4. Understand the principles of teaching dance.
5. Evaluate and assess progress in dance.
6. Create a comprehensive lesson plan embodying various techniques gained from course material.
7. Apply information obtained from the course to design and implement a dance class suitable for instruction in the K-12 system.

**GYMNASTICS:**

1. Understand the basics of balance, agility and movement concepts as they relate to gymnastics.
2. Recognize and be able to instruct on aspects of gymnastics relating to: transfer of weight, balance, force, change of speed and direction, levels and relationships.
3. Recognize the principles of teaching gymnastics.
4. Evaluate and assess progress in gymnastics routines.
5. Create a comprehensive lesson plan incorporating various techniques gained from course material.
6. Apply information attained from the course to design and implement a gymnastics class suitable for instruction in the K-12 system.

**METHODS:**

Instruction involving active class participation and theoretical knowledge delivered in the classroom in both dance and gymnastics by qualified instructors.

**PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):**

Credit can be awarded for this course through PLAR (Please check:)  Yes  No

**METHODS OF OBTAINING PLAR:**

1. Portfolio Assessment
2. Challenge Exam

**TEXTBOOKS, REFERENCES, MATERIALS:**

[Textbook selection varies by instructor. An example of texts for this course might be:]

Level One NCCP Gymnastics Technical Manual

Additional Readings: Will be placed on reserve in the library or will be handed out in class.

**SUPPLIES / MATERIALS:**

**STUDENT EVALUATION:**

[An example of student evaluation for this course might be:]

Dance – instruction and lesson plan	20%
Dance – practical performance	10%

Dance – resource book	10%
Gymnastics – instruction and lesson plan	20%
Gymnastics – practical performance	10%
Gymnastics – resource book	10%
Final Exam	20%

**COURSE CONTENT:**

[Course content varies by instructor. An example of course content might be:]

**DANCE:**

- elements of rhythm, tempo, space, pattern and intensity
- applying rhythmic activities with small equipment
- traditional and contemporary dance
- evaluate and assess progress in dance
- design and implement a dance class in the K-12 system

**GYMNASTICS:**

- balance, agility and movement concepts
- transfer of weight, balance, force, change of speed and direction, levels and relationships
- principles of teaching gymnastics
- evaluate and assess progress in gymnastics routines
- design and implement a gymnastics class in the K-12 system