

Course Syllabus

Department : Physical & Health Education
Course Title : DANCE, VARSITY
Section # : PHED 1144, 1146, 2141, 2144
Day: Mon. – Thurs. Time: 3:00 – 5:00pm
Start Date : August 24, 2015
End Date : December 10, 2015
Modality : Face-to-face
Credits : 1

Instructor Information

Name : Kristi Gray
OC Email : kgray@odessa.edu
OC Phone # : 432-335-6400
Office : 432-335-6573

Course Description

Designed for advanced dance participants competing on the collegiate level. Students will be taught to apply new knowledge and skills to improve individual and team performance. An understanding of the team concept and team unity will be stressed.

Prerequisites/Co requisites None

Scans

5, 9, 10

Course Objectives

Upon completion of this course, students should be able to:

To demonstrate competency in the ability to understand and put into practice the techniques of various dance styles, the student must be able to:

- Recognize the basic principles of jazz, pom, hip-hop, kick, and contemporary dance styles and techniques.
- Demonstrate knowledge of precaution that should be taken while performing the various dance exercises.
- Development of dance technique, alignment, flexibility, strength, stamina, centering and transference of body weight.

To demonstrate competency in the ability to maintain and improve flexibility, endurance and strength, the student must be able to:

- Improvement of movement memory: ability to pick up movements faster and remember them longer.
- Improvement of musicality/timing in dance: learning about rhythm, tempo, meter, and phrasing to develop rhythmic skills in dance.
- Improvement of neuromuscular coordination: precise control and placement of body parts.

To demonstrate competency in knowledge of how dance can enhance general well-being and health, the student must be able to:

- Development of dynamic qualities of movement required for clarity, focus, and expressiveness.
 - Integration of critical thinking skills through reading and written assignments that will enhance experiential concepts.
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Expected Student Behaviors:

It is expected that the students in the course will demonstrate dedication to the sport and adherence to policies set forth by the athletic administration and coach. Dismissal from the

class will be warranted by failure on the part of the student to adhere to the policies set forth by either entity.

COURSE UPDATES

The student is responsible for checking the syllabus online for changes frequently may be updated often as needed.

Required Readings/Materials

a) You must purchase the following *required* readings/materials: None

b) You are encouraged to buy the following *optional* books/materials:

None

Course Requirements (Lectures, Assignments and Assessments)

You must be suited out for every class. This includes wearing the proper cheer attire, having the appropriate shoes, and having hair pulled back.

Grading will be based primarily upon attendance and participation. Students will average over 200 hours in participation in the course, well beyond the normal 45 hours associated with a typical activity class. Irregular attendance and/or poor performance of tactical or technical aspects of the sport will lead to a poor grade/dismissal from the course. Individuals who cease participation in the course will receive a passing grade only if they have participated in a minimum of 45 hours of organized class activity.

- A: Participated in 90% - 100% of all activity and demonstrated competency in skills and strategies related to the sport.
- B: Participated in 80% – 90% of all activity and demonstrated competency in skills and strategies related to the sport.
- C: Participated in 45 hours of all activity and demonstrated competency in skills and strategies related to the sport.
- F: Participated in less than 45 hours of activity and demonstrated competency in skills and strategies related to the sport.

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1 -16	Physical activity	Practice & Physical Training - TBA assigned by coach	Daily/or as assigned
Week 1 -16	Physical activity	Competition	Scheduled
Week 1 -16	Academic	Complete assigned amount of class hours	Weekly
Week 1 -16	Academic	Complete assigned amount of study hall hours	Weekly
Week 1 -16	Outreach	Service Projects	TBA

Grading Policy

Grade	Percentage %
A	(90 -100%)
B	(80 -89%)
C	(70 - 79%)
D	(60 - 69%)
F	Below 60%

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to

contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

[Learning Resource Center \(Library\)](#)

The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the "[Ask a Librarian](#)" service provide additional help.

[Student E-mail](#)

Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

[Student Portal](#)

Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

[Technical Support](#)

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

[Important School Policies](#)

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).