

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 171 – BALLROOM DANCE I (1 CR.)

Course Description

Presents the basic step patterns, rhythmic patterns, and positions in ballroom dance. Includes techniques based upon traditional steps with basic choreographic patterns. Part I of II. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This course is designed to introduce the student to traditional American style ballroom dance.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running and using the arms and hands. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Recognize the style of music and the type of dance to be performed
- b) Analyze different dance tempos and perform the dance with the music
- c) Demonstrate the ballroom dances using the correct footwork, rhythm, dance position and frame.
- d) Create step pattern combinations

Major Topics to be Included

- a) Basic footwork for the Foxtrot, Waltz, Tango, Swing, Rumba, Merengue, and Cha-cha
- b) Dance positions and frames
- c) Dance Etiquette
- d) Leading and following
- e) Rhythmic awareness
- f) Dance phrases and patterns
- g) History of Ballroom dances
- h) Fad dances