

**BRIGHAM YOUNG UNIVERSITY**  
**COLLEGE OF HEALTH AND HUMAN PERFORMANCE**  
**Department of Dance**

Student Syllabus for Dance 356  
Rhythmic Activity Through Dance

Instructor: \_\_\_\_\_ Office: \_\_\_\_\_ Office Hours: \_\_\_\_\_  
BYU Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_ and by appointment

**1. Catalog Course Description:**

This methodology course prepares students to teach aerobic and recreational world dance to secondary students in the public school system. Movement vocabulary and basic technique skills will also taught. This course is in correlation with the Aims document of a BYU education.

**2. Prerequisite(s):**

Must be accepted into “Flight Program”

**3. Course Alignment with University and Program Mission and Aims:**

**4. Required Course Materials:**

“*Recreational Folk Dance*,” by Susanne J. Davis and Colleen N. West.

“*Hooked on Aerobics*,” by Claudia Hill.

**5. Course Intended Learning Outcomes:**

**Students will demonstrate:**

**Aerobic Dance:**

- a) basic movement skills typical in aerobic dance
- b) the ability to demonstrate and call ahead the skills with the phrasing of music
- c) a proper warm-up, work-out and cool-down
- d) methodology techniques in aerobic exercise

**World Dance:**

- a) steps, formations and positions that are common to recreational world dances
- b) techniques of methodology within the context of world dance
- c) teaching abilities in the public school system
- d) an understanding of the differences between recreational and staged world dances
- e) a greater appreciation and understanding of world cultures

**6. Learning Activities/Course Requirement:**

**Aerobic Dance:**

- a) learn names and movement patterns of basic aerobic dance skills
- b) learn to call 4 beats ahead while demonstrating skills
- c) learn to change movement patterns with phrasing of music
- d) learn to combine skills into combinations of movement
- e) learn to develop proper warm-up and cool-down exercises
- f) teaching experience in front of peers

### **World Dance:**

- a) learn world dances with a variety of formations, positions and footwork
- b) memorize a map of eastern and western Europe
- c) evaluate the teaching of a D-170 class
- d) attend one concert performed by the “International Folk Dance Ensemble”
- e) have two teaching experiences in the public school system
- f) evaluate peers’ teaching abilities in the classroom setting and in the public schools

### **7. Assessment Procedures:**

Grading Formula

**Teaching: 75%**

- a) two teaching experiences/evaluations in public school system (50%)
- b) teaching evaluation in class (20%)

**Citizenship: 25%**

- a) a written teaching evaluation of a D-170 class (5%)
- b) a quiz on the location of countries in eastern and western Europe (5%)
- c) written exam (15%)
- d) one-page written analysis of concert (5%)

### **8. Course Policies**

Attire:

The required attire of the Physical Education Pedagogy Program at BYU.

### **9. University Policies**

#### **Preventing Sexual Harassment:**

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education. BYU’s policy against sexual harassment extends not only to employees of the university but to students as well. If you encounter unlawful sexual harassment or gender-based discrimination, contact the Equal Employment Office at 422-5895 or visit the website at <http://www.byu.edu/hr/eo/info.html>.

#### **Students with Disabilities:**

Brigham Young University is committed to providing a working and learning atmosphere that reasonably accommodates qualified persons with disabilities. If you have any disability that may impair your ability to complete this course successfully, please contact the Equal Employment Office at 422-5895 or visit the website at <http://www.byu.edu/hr/eo/info.html>.

**Church Educational System Honor Code:**

Brigham Young University exists to provide an education in an atmosphere consistent with the ideals and principles of The Church of Jesus Christ of Latter-day Saints. That atmosphere is created and preserved through commitment to conduct that reflects those ideals and principles. Observance of such standards is a condition of employment and admission. Those individuals who are not members of The Church of Jesus Christ of Latter-day Saints are also expected to maintain the same standards of conduct, except church attendance. If you have any concerns, please contact the Honor Code Office at 422-2848. For more information on the following related topics, visit the Honor Code office website at [http://www.byu.edu/honorcode/honor\\_code.htm](http://www.byu.edu/honorcode/honor_code.htm)

- Be honest
- Live a chaste and virtuous life
- Obey the law and all campus policies
- Use clean language
- Respect others
- Abstain from alcoholic beverages, tobacco, tea, coffee, and substance abuse
- Observe Dress and Grooming Standards
- Participate regularly in church services
- Encourage others in their commitment to comply with the BYU Honor Code
- Academic Honesty
- Dress and Grooming Standards