

Department of Health and Exercise Studies
HESD 234: Country Dance
Spring 2016

Instructor: Marsha Lester
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Office Hours: T/H 11:35-12:35pm and F 12:30-1:30pm
Course Meeting: T/H 10:15-11:30
Prerequisites: None
Credit Hours: One

Required Text: None. Handouts will be provided by the instructor.

Course Description: Development of beginning-level skills in Country Dance including vocabulary, technique, history, and performance. A variety of fundamentals for leading and following, combinations, figures, and calls will be emphasized in American Heritage Dance, Texas Two-step, and Western Square Dance.

Health Information Statement: *Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health and Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).*

GEP Objectives for Courses in the Category of Health and Exercise Studies

Each course in the Health and Exercise Studies category of the General Education Program will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP Student/Course Learning Outcomes

By the end of this course, the student will:

1. Demonstrate and explain the fitness requirements necessary for a beginning-level of country dance including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
2. Discuss how participating in country dance classes can develop, maintain, and sustain an active and healthy lifestyle.
3. Demonstrate beginning country dance skills and the ability to perform combinations, various rhythms, and step techniques utilizing both traditional and contemporary styles of country dance.
4. Identify and explain country dance terminology, safety, etiquette, and historical context.

Grading: Cognitive 20%

Written Exam – 20%

Students will be expected to demonstrate their knowledge of the material covered in class and assigned readings by completing one written exam.

Physical Skills Testing (Practical) 80%

American Heritage Dances:	30%
Mixers/ Round dancing/Novelty dances	
Texas Two-step	30%
Western Square Dance:	20%
Singing/Patter or Hash	

Rubric:

Principles	Points (0.5=poor, 1.0=average, 1.5=good, 2.0=excellent)			
Correct Posture	0.5	1.0	1.5	2.0
Leading and following	0.5	1.0	1.5	2.0
Execution Steps/Sequence	0.5	1.0	1.5	2.0
Rhythmic Skills	0.5	1.0	1.5	2.0
Style of Dance	0.5	1.0	1.5	2.0

Grading Scale:

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97 - 100 = A+	93 – 96.99 = A	90 – 92.99 = A-
87 – 89.99 = B+	83 – 86.99 = B	80 – 82.99 = B-
77 – 79.99 = C+	73 – 76.99 = C	70 – 72.99 = C-
67 – 69.99 = D+	63 – 66.99 = D	60 – 62.99 = D-
0 – 59.99 = F		

Attendance:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In the case of an excused absence, the student will provide official

documentation and then be allowed to make up any graded work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor. See http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.4.php

- *The student will be allowed 5 absences (excused or unexcused). Six absences of any kind will result in a failing grade.*

<i>Absences</i>	<i>Points</i>
<i>1-3</i>	<i>0</i>
<i>4</i>	<i>F</i>

FOUR EXCUSED or UNEXCUSED absences will result in a failing grade for the course.

DO NOT email instructor when you miss class.

DO NOT bring written excuse for absences.

Late Assignments: Written assignments are due *in class*. Assignments will be accepted up to one week late for half-credit. Assignments will not be accepted more than one week past the due date.

Electronic Hosted Course Components: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

Participation: This is a participation-based class. If you cannot participate in class for any reason, you will be considered absent.

Tardy: Please be on time. *Two tardies = one absence.*

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- (70%) or better. A grade of U will be reported if the student exceeds 6 absences (excused or unexcused). Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to:

http://www.ncsu.edu/provost/academic_policies/coursesecr/credonly/reg.htm

Note: The student is responsible for requesting credit only grading on MyPack Portal by the University FEBRUARY 1ST.

Requirements for Audit: Students must attend all classes except written exams and will be allowed three absences before NR will be recorded as a final grade.

http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php

Incomplete Grades: http://www.ncsu.edu/provost/academic_regulations/end_of_semester.html

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical

emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Proper attire:

Regular street clothes should be worn. Clothes with obscene or offensive words and pictures will not be permitted in class and will result in an unexcused absence.

Online class evaluations will be available for students to complete during the last two weeks of the semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential: instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: <https://classeval.ncsu.edu/>

Student help desk: classeval@ncsu.edu

More information about ClassEval: <http://www.ncsu.edu/UPA/classeval/>

General Information:

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code**: “I have neither given nor received unauthorized aid on this test or assignment.” It is the understanding and expectation of the instructor that the student’s signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: <http://policies.ncsu.edu/policy/pol-11-35-01>
2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services for Students at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see <http://policies.ncsu.edu/regulation/reg-02-20-01>
3. **Non-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, creed, sex, national origin, age, disability, veteran status, or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on race, color, religion, creed, sex, national origin, age, disability, veteran status, or sexual orientation also is a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at <http://policies.ncsu.edu/policy/pol-04-25-05> or http://www.ncsu.edu/equal_op/. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 919-515-3148.
4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.

5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. All HES clothing (shorts, t-shirts, and towels) is to be returned by the last day of exams. Students will be charged for clothing not returned. All personal items left in the locker will be disposed of.
7. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
8. Cell phones and MP3 players are prohibited in class.

Tentative Course Outline

WEEK	ACTIVITY	READINGS
1	Introduction/Orientation/Safety	Syllabus
	Rhythms/ movement techniques/basic two-step	Country Dance History
	American Heritage dances/Mixers	Mixer Sheets
2	American Heritage dances/Novelty	Novelty Sheets
3	American Heritage dances/Round	Round Sheet
	Practical Skills Test 1	
4	Texas Two-step/Basics	Two-step Intro
	Texas Two-step/Inward, Outward, Corner Turns	
	Texas Two-step/Wrap Combinations	
	Texas Two-step/Couple Spins	
5	Texas Two-step/High Horseshoe Lariats	
	Texas Two-step/Windows	
	Texas Two-step/Review	Step Summary
	Practical Skill Test 2	
6	Western Square/Singing	Basic and Mainstream
	Western Square/Singing	Movements
7	Western Square/Patter	
	Western Square/Patter	
8	Practical Skills Test 3	
	WRITTEN FINAL	FEBRUARY 25TH